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AUSTRALIAN

10 sure-fire, *lose-weight* hacks

diabetic LIVING

JANUARY/FEBRUARY 2020, ISSUE 85
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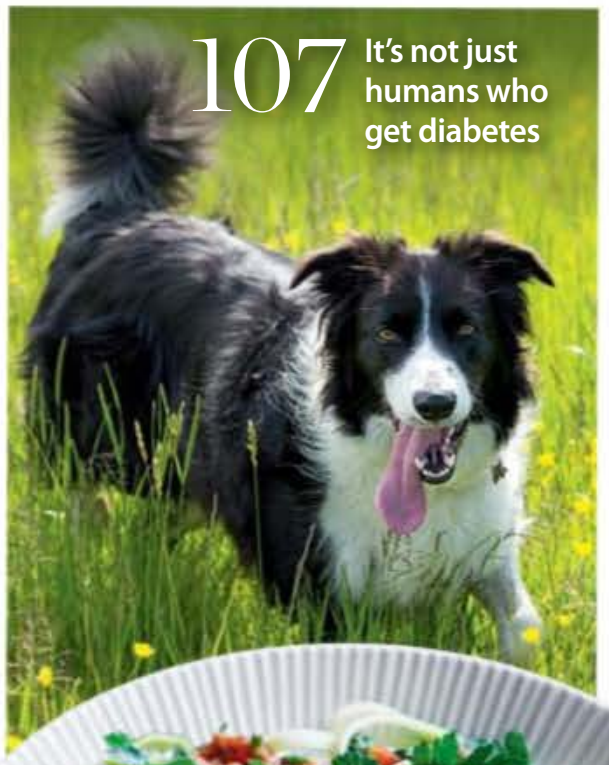

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PACIFIC MAGAZINES PTY LIMITED

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Reproduction Printed by Webstar Print (ABN 58 000 205 210) at Unit 1, 83 Derby Street, Silverwater, NSW 2128. Distributed in Australia by Gordon and Gotch Australia Pty Ltd (ACN 088 251 727). Distributed in New Zealand by Gordon and Gotch New Zealand (CRN 1540329). Published six times a year by Pacific Magazines Pty Ltd (ABN 16 097 410 896). For competition entries, please use the address supplied. Title and trademark DIABETIC LIVING® reg US Patents Office, Canada and Australia, by Meredith Corporation. Use of trademark is strictly prohibited. Recommended and maximum price $8.50 (NZ $9.20) including GST.

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Stops unwanted weight gain

Discover how to fight cravings and unhealthy snacking habits

If you have diabetes, healthy eating is vital. Healthy eating manages your blood glucose, cholesterol and blood pressure levels better. Healthy eating helps with your weight, boosts your energy and improves your wellbeing. This is why an Australian dietician developed low GI BodyCare Nutrition Revitalise. It is a delicious multi-vitamin and mineral health shake. Revitalise is a very low calorie formula and contains essential amino acids and fibre. It also has a low glycemic load.

Healthy eating can be challenging. Reaching for a biscuit, chocolate bar, cake or soft drink can be very tempting at times. Consuming too many of these foods can play havoc with your blood sugar levels. You may even experience weight gain. If any of this sounds familiar you should try Revitalise.

Revitalise helps you to stop grazing and snacking. At only 140 calories per serve, it is great for your weight.

Weight loss and weight management made easy

Carrying excess weight can change the way your body reacts to Insulin. Revitalise makes it easy for you to better manage your weight and lose weight. With low GI Revitalise, carbohydrates break down more slowly. This results in suppressing hunger and reducing cravings. This also reduces Insulin load and Insulin resistance. It's good news for people with weight management problems.

Reduces Insulin levels

The combination of Low GI and healthy levels of protein and fibre means Revitalise helps to stop grazing or snacking. Plus, the soluble fibre in Revitalise reduces carbohydrate absorption, which reduces blood glucose and Insulin levels.

Better managing your weight leads to better Insulin control

Revitalise helps stop unwanted weight gain, when it's part of a healthy eating diet and exercise. It can even help you to lose weight and keep it off. Because **Revitalise is not a meal replacement**, it is perfect to drink between meals.

Here's how Revitalise has helped some people improve their lives...

I feel fantastic and I'm not hungry!

"I have type II diabetes. I started using Revitalise as a pre-workout early morning shake and oh wow, I have got stamina to keep up and I feel fantastic. So far I'm going well and I'm not even hungry after work outs. - M. D., Qld."

No cravings for chocolate and my energy levels increased!

"I am feeling the benefits of drinking Revitalise. My energy levels have definitely increased, which is lovely!

One week later: *I am totally blown away by how well I am feeling. I have not had even one craving for chocolate! I feel so balanced, it is wonderful. - Bernadette Heap, N.S.W."*

Revitalise is available in delicious vanilla, chocolate and coffee flavours. At only RRP $32.95 Revitalise, gives you 14 serves.

Free delivery for online orders

Revitalise is available from the stores below and online from **bodycarenutrition.com.au**. Insert Coupon Code **goodhealth2020** into the shopping cart for **free delivery**. Offer expires 14/03/20.

Made in Australia

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- **Brassall**, Brassall Pharmacy
- **Buderim**, Buderim Pharmacy
- **Cannonvale**, LiveLife Pharmacy
- **Eumundi**, Eumundi Village Pharmacy
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- **Hervey Bay**, (Pialba), NOVA Discount Pharmacy
- **Jindalee**, Jindalee Chemsave
- **Pelican Waters**, Pelican Waters Pharmacy
- **Redbank**, Priceline, Redbank Plaza
- **Mapleton**, Mapleton Pharmacy
- **Mt Ommaney**, Blooms, Mount Ommaney S/C,
- **Murgon**, Soul Pattinson Pharmacy
- **Toowoomba**, Just Pharmacy, James St

New South Wales
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- **Austral**, West Hoxton Pharmacy
- **Bargo**, Pharmasave Bargo Discount Pharmacy
- **Bateau Bay**, Bateau Bay Road Chemist
- **Bathurst**, Moodies Pharmacy, Howick Street
- **Baulkham Hills**, Mullanes, Stockland Mall
- **Bondi Junction**, Terry White Chemmart, (Westfield)
- **Budgewoi**, Discount Drug Store
- **Bundanoon**, Bundanoon Pharmacy
- **Campbelltown**, Priceline Pharmacy, Macarthur Square S/C
- **Cooranbong**, Cooranbong Pharmacy & Compounding
- **Drummoyne**, Destros Pharmacy
- **Dubbo (East)**, Orana Mall Pharmacy, Orana Mall
- **Dundas**, Springfield Pharmacy
- **Edensor Park**, Pennas Pharmacy
- **Erina**, HealthSAVE Chemist, Erina Fair
- **Figtree**, Figtree Plaza Chemist
- **Forbes**, Flannery's Pharmacy
- **Forbes**, Life Pharmacy, Bernardi's Market Place
- **Glendale**, Chemistworks, Stockland Super Centre
- **Glenmore Park**, Mediadvice, Town Centre
- **Goulburn**, Priceline, Centro
- **Hammondville**, Chen's Pharmacist Advice
- **Kingsford**, Pharmacy@UNSW
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- **Liverpool**, Priceline Pharmacy, Westfield
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- **Miller**, Pharmasave Miller Discount Pharmacy
- **Mittagong**, Capital Chemist
- **Mullumbimby**, Mullum Chemsave Pharmacy
- **Oran Park**, Terry White Chemmart, Oran Park S/C
- **Orange**, McCarthy's Pharmacy, Lords Pl
- **Parramatta**, Priceline, Westfield
- **Penrith**, Priceline, High St
- **Penrith (South)**, Priceline, Southlands
- **Penrith**, Terry White Chemmart (438 High St)
- **Port Macquarie**, Hearles Pharmacy
- **Port Macquarie**, Your Discount Chemist
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- **Ryde (West)**, PharmaSave, Victoria Rd
- **Seven Hills**, Priceline, Seven Hills Plaza
- **Shortland**, My Community Pharmacy
- **St Clair**, Priceline, St Clair S/C
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- **Tamworth**, Blooms, Peel St
- **Tamworth**, The Centre Pharmacy, Northgate S/C
- **Toukley**, Hopes Pharmacy
- **Ulladulla**, Beachside Capital Chemist
- **Urunga**, The Urunga Pharmacy
- **Wetherill Park**, Chemistworks, Stockland
- **Windang**, Windang Pharmacy & Compounding
- **Wyee**, Wyee Centre Pharmacy

ACT
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www.bodycarenutrition.com.au

BodyCare Nutrition's Revitalise is a formulated supplementary food, which can be of assistance when dietary intakes of energy and nutrients are inadequate.

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Chance to take stock

Summer has well and truly arrived and I hope you have the chance to live at a slightly more relaxed pace than we tend to during the rest of the year. Once Christmas festivities are over, take the time to think about what changes you might like to make in 2020 and have a look at our 4-week action plan to get healthy eating on track and set up for a great year. In this special section, starting on page 57, you'll find delicious recipes, a full month's meal plan and tips and tricks for making changes that stick. Of course, this issue is also full of fabulous recipes you can enjoy at any time, as well as a last-minute Christmas dinner (page 18) that will have family raving and give you more time for relaxing.

Feeling overwhelmed by the effort it can take to manage your diabetes is a common issue. In our feature on Diabetes Burnout (page 94), Dr Kate Marsh offers solid strategies on how to cope with those feelings and make changes that put you back in control.

It can be inspiring and motivating to hear about how other people manage their diabetes, so we pulled together a bumper selection of real-life stories for this issue. Some of them are elite athletes, while others have taken on the challenge to lose weight and start moving. If you'd like to share your story about living with diabetes, we'd love to hear from you!

Wishing you a wonderful Christmas and a safe and enjoyable summer.

Alix

Alix Davis, Editor

Correction

Diabetes Goes Digital in the Nov/Dec 2019 edition contained some incorrect information. While the Tandem t:slim X2 is available in Australia, the hybrid closed loop system feature is not available in Australia. The t:slim X2 is compatible with Dexcom G5 Mobile but the features of predicting low-blood-glucose events 30 minutes ahead of time, suspending insulin to avoid lows and resuming dosing once BGLs are on the rise are not approved for use or available in Australia at this time.

JOIN US ON...

Need more inspiration to eat well and exercise? You'll find more great recipes and loads of ideas on our website.

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instagram.com/diabeticliving

NEXT ISSUE ON SALE 13 FEB

TALK TO US TODAY!

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers. Email us at **diabeticliving@pacificmags.com.au**

*Any questions regarding your diabetes, talk to your **health-care team.***

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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Pacific Magazines nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

PHOTOGRAPHY GETTY IMAGES

JUST diagnosed

START HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialled Diabetes Educator for more guidance.
- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

Food myths for PWD*...

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone. ➤

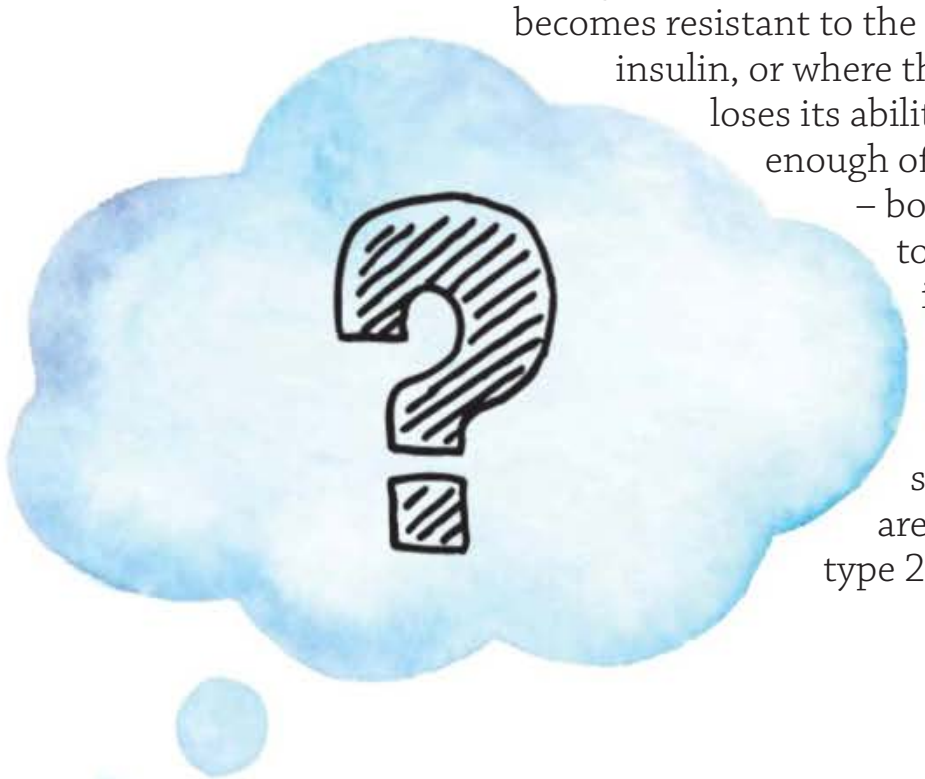
* That's People With Diabetes

TYPE 1 AND TYPE 2...
What's the difference?

Type 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

Type 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

Losing just 5% of your body weight can have a positive impact.



Take this to heart

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

YOUR healthy life

The latest facts & global news on diabetes, good nutrition, exercise and more

The *sun* shines

Researchers from Deakin University have found most Australians simply need to head outdoors for a couple of minutes each day to keep their natural vitamin D levels within a normal range. "For many people the fix for not getting enough sunshine is a vitamin D supplement. While supplements have a place, it's for the minority of the population," explains Emeritus Professor Caryl Nowson, from Deakin's Institute for Physical Activity and Nutrition. "Supplements are only useful for those where the risk of vitamin D deficiency is high and low vitamin D status has been identified with a blood test. It is preferable for the body to make natural vitamin D because, unlike with supplements, there is no possibility of an overdose."

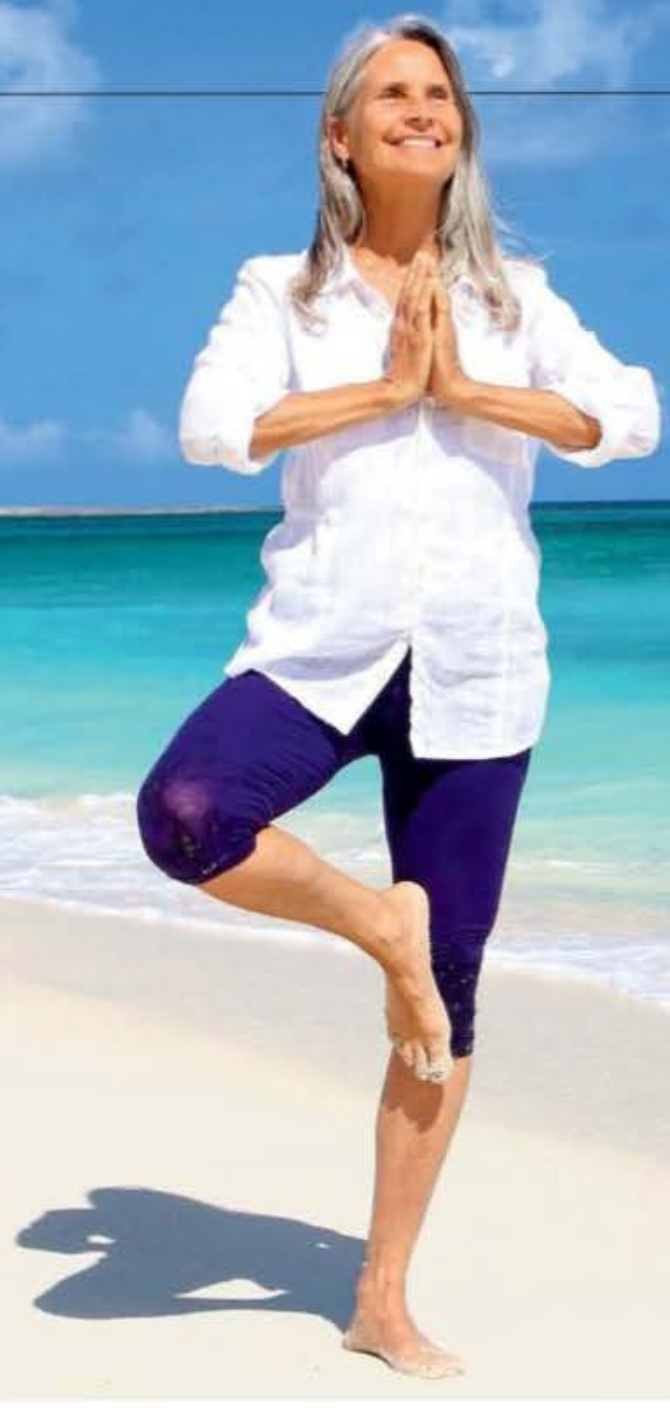
While it is important to wear sunscreen during the day, especially during the hotter months, it is just as vital to get enough vitamin D naturally (through the sun's ultraviolet rays). Always have a discussion with your healthcare team before taking any supplements.

OUTBACK SUPPORT

In Queensland, **1 in 4 children and 2 in 3 adults** are overweight or obese, with people in remote areas more likely to be an unhealthy weight. Recently, the Queensland Government announced its commitment to supporting communities with easy, affordable and enjoyable ways to add healthy behaviour to everyday life. The Health and Wellbeing Queensland (HWQld) community-driven healthy lifestyle project will support Blackall-Tambo, Central West Queensland, residents and patients via running, fitness and nutrition family activities, plus mentoring of local healthcare professionals.

While the project is focused on females aged 12-18 in the outback – evidence shows this is when girls stop engaging in sport, get more sedentary and ultimately increase their risk of obesity and chronic disease down the track – this will create foundations for a healthier community for everyone. ➤

Exercise for happiness



Researchers from Harvard examined 7968 people – including 628 people who had been diagnosed with depression within a two-year period – and found those who were active every day were less likely to be diagnosed with a new episode of depression (including those who had a family history of the disorder). Their study, published in the journal *Depression And Anxiety,* further concluded that those who participated every day in activities such as yoga or stretching, dance and aerobic classes, and gym-based machine workouts, experienced greater benefits to their mental health than those who did 30 minutes of running or walking.

415 MILLION

people are currently living with diabetes across the world. This number is expected to rise to 522 million by the year 2030.

DITCH THE PLASTIC

New research from Melbourne's Baker Heart and Diabetes Institute suggests exposure to bisphenol A (BPA) increases the risk of developing type 2. This chemical is used in plastics such as some disposable water bottles and plastic containers. Researchers previously revealed detectable BPA levels were found in 95 per cent of people's urine.

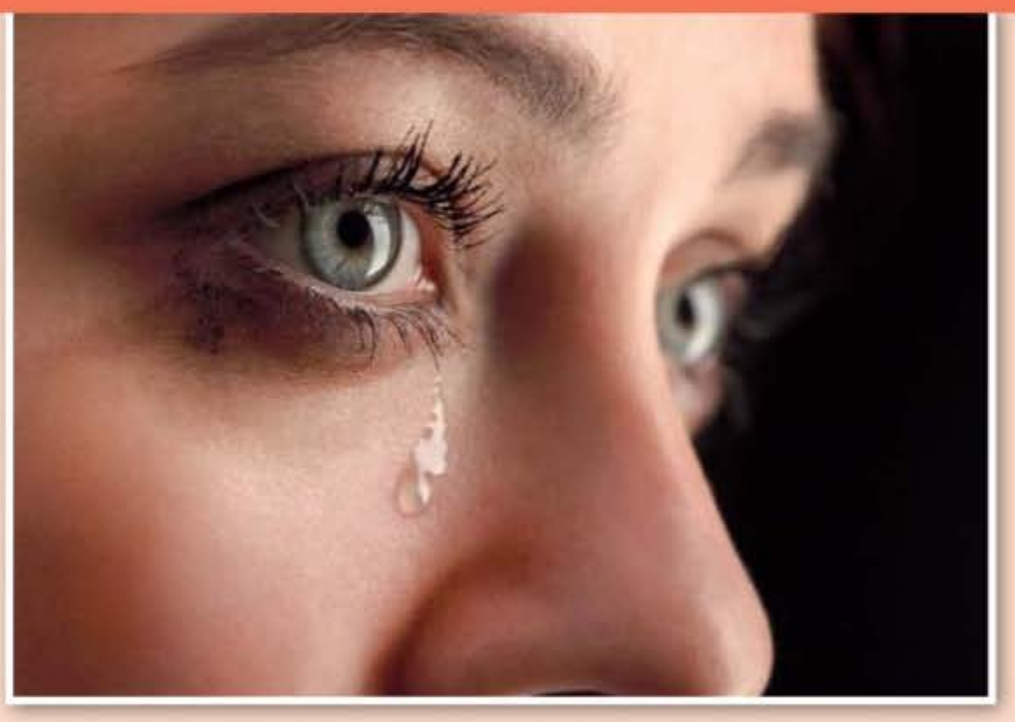
Researchers in France and Australia tracked 755 people over nine years and concluded those with higher BPA levels in their urine had a greater risk of type 2. The lead author of the study, printed in *Environmental Health Perspectives*, urges people to throw out takeaway containers and stick to BPA-free water bottles (such as metal bottles).

1 in 2 PEOPLE

with diabetes remain undiagnosed.

~ Diabetes WA

COULD A TEAR SAVE YOU?



Peripheral neuropathy is the most common complication of diabetes, affecting almost 50 per cent of people with diabetes. Currently, the only early-testing options available for this complication are limited to invasive examinations such as skin biopsies. However, new research from the University of NSW suggests a quick tear from the eye duct sample could be all that is needed to indicate whether the person is at risk of peripheral neuropathy.

The study, recently published in *The Ocular Surface*, found those with type 1 and diabetic peripheral neuropathy have reduced levels of a protein known as 'substance P' – which is located in their tear film. Although nerve damage cannot be reversed, early detection can assist patients in better managing their condition and prevent any further complications. While the results thus far are promising, more studies are required.

New year, fresh start, but how can I stick to my 2020 New Year's resolution?

Janine says: New Year's resolutions are often about behaviour change. But not all resolutions are effective in building new habits, practices or actions. In fact, many lead to no change and are abandoned by February!

So, if your intention for 2020 is to change things up (or down), then there are some things to consider.

Avoid the "shoulds". Many of us make the mistake of resolving to do something we feel we "should" or "must" do. But, rigid rules are not very motivating. Behaviour change is hard, so we really need our resolutions to be about things that are meaningful and important.

Be specific. Resolutions such as "exercise more" or "lose weight" sound simple, but are actually extremely complex, largely because they are too vague. Be specific and clearly specify the what, when, where and a realistic time frame. Make goals small and achievable.

Be kind/forgiving and go gently and kindly. We all make mistakes, and lapses are not always relapses. Give yourself the same chance you would give someone else you care about. ➤

Dr Janine Clarke, psychologist

Quick! RUN! NOW!

Are you struggling to find time to exercise? Turns out there are minor changes you can make to your everyday activities to incorporate high-intensity interval training (HIIT). This popular form of exercise involves short bursts of intense activity interspersed with low-intensity or rest periods. Research has also found HIIT can help individuals improve their BGLs and muscle mass. For those starting out, try 30 seconds of intense training, followed by 90 seconds of a slower pace or rest. Some examples:

- **Going for a steady-paced run or swim:** add a short-intense sprint/swim followed by a slow, steady jog/swim.
- **Walking to work or school:** add short periods of fast walking intermittently.
- **Taking the escalator:** take the stairs to start with. Once you're actively taking the stairs, regularly adapt it as a form of HIIT, by adding intense stair climbing.
- **Turn to page 124** to find out how you can add more incidental exercise to your everyday activities.

Always discuss with your healthcare team about how exercises may affect your BGLs before starting.

NEW HOPE

Researchers from Monash University's Central Clinical School have announced a discovery with potential to slow kidney disease in people with diabetes. The five-year study found a key immune system pathway, the complement pathway (which protects the body from infection), was hyperactivated and caused inflammation in people with diabetic kidney disease. Through tests, they found a drug developed by Associate Professor Trent Woodruff at University of Queensland helped support normal function of the mitochondria – which doesn't work properly in those with diabetes – in the kidney. Their work, published in US journal *Diabetes*, could help people with diabetes manage complications better.

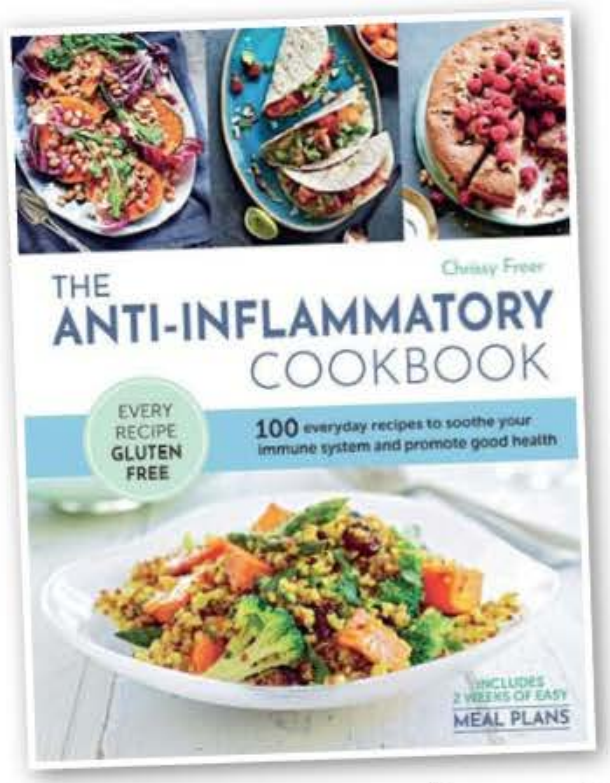
2 YEARS

People with diabetes spend an average of one hour a day on self-care, amounting to a full two years devoted exclusively to their disease during their lifetime.

~ Medtronic

THE BIG CATCH

New research has revealed **61 per cent** of Australians see salmon as a healthy and nutritious meal option. And they're not wrong! High in omega 3 fatty acids, alongside a range of vitamins and antioxidants required in a healthy diet, salmon is one of the most nutritious proteins you could enjoy. Not only do these fatty acids aid in improving the health of your brain, heart, skin and more, they have also been found to decrease your risk of cardiovascular disease and support your mental health.


Chrissy Freer
THE
ANTI-INFLAMMATORY
COOKBOOK
EVERY RECIPE GLUTEN FREE
100 everyday recipes to soothe your immune system and promote good health
INCLUDES 2 WEEKS OF EASY MEAL PLANS

THE ANTI-INFLAMMATORY COOKBOOK
by Chrissy Freer
Murdoch Books, $35

Chronic inflammation is becoming more common amongst society – even in the younger generations – which can lead to symptoms such as fatigue and joint pain, and risk factors of excess weight, chronic stress and more. *The Anti-Inflammatory Cookbook* has 100 gluten-free recipes featuring ingredients with anti-inflammatory properties. In addition you'll find many delicious dishes that are also vegetarian or vegan, dairy-free and nut-free!

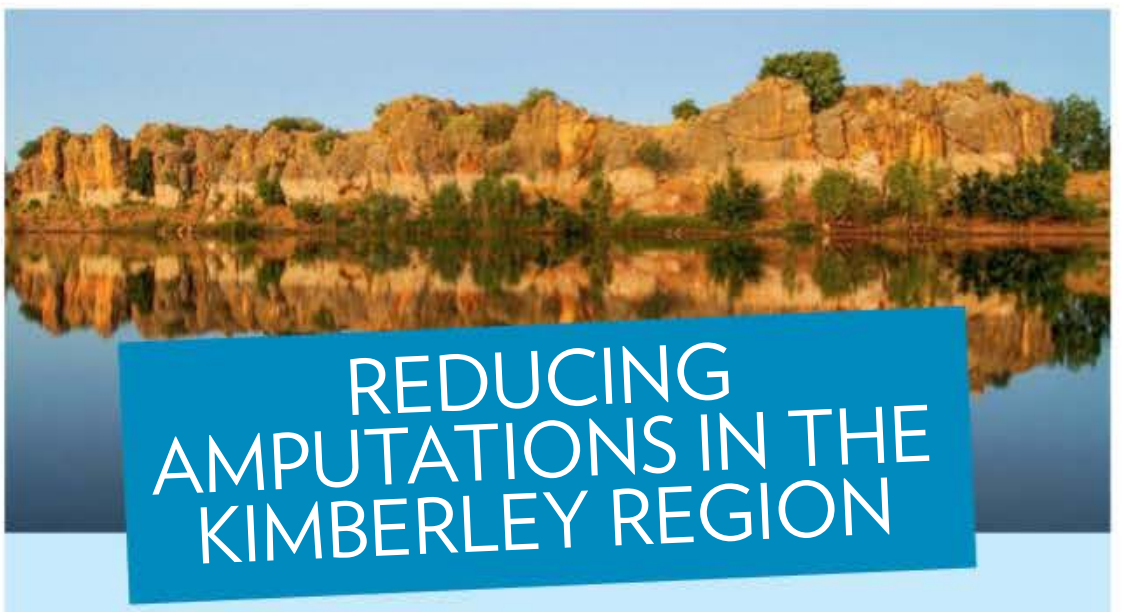
How do I explain to my employer/colleagues when I need a break after a hypo has been treated?

Elissa says: In my experience the best option is to be completely honest about your diabetes from the beginning. You will find it very beneficial if you could spend a few minutes explaining the condition to your employer/colleagues, which will give them an understanding of what efforts you have to take to manage your diabetes on a daily basis. Describing the signs and symptoms and what happens if your levels are high or you go a little low, and how you treat these levels, even mentioning the time it takes for the symptoms to disappear, is very helpful. Most of the time you will find everyone is very interested and understanding. You can also encourage them to do a little bit of research themselves and, if they have any questions, to chat to you about them. ➤

Elissa Renouf, owner of Diabete-ezy and mum of four kids with type 1. Her range of convenient diabetes products is available at diabete-ezy.com

A step forward for treatment

A comprehensive new service at Sir Charles Gairdner Hospital in Perth has commenced, meeting the needs of patients in Western Australia with complex diabetes-related foot complications. Uniting a range of specialties, including endocrinology, podiatry and infectious diseases, the weekly outpatient Multidisciplinary Foot Ulcer Clinic provides care to those with limb-threatening foot ulcers and infections. The clinic requires a referral from your GP, so speak to your doctor if you are interested in learning more.



REDUCING AMPUTATIONS IN THE KIMBERLEY REGION

For the first time in Australia, healthcare organisations across Western Australia will have access to the Silhouette Central database, hosted at Perth's Sir Charles Gairdner Hospital. This technology, funded by Diabetes WA, will provide professionals with the equipment and support to accurately image, measure and record diabetic wound/skin healing data during assessments. This is vital for remote communities, as Aboriginal and Torres Strait Islander Australians with diabetes are 38 times more likely to undergo a major leg amputation (and 27 times more likely for a minor) compared with non-Indigenous Australians with diabetes. The Kimberley Aboriginal Medical Services is one of the first remote providers to connect to the system, which is a key movement forward to reducing amputation in the Kimberley region.

98% of amputations in Aboriginal and Torres Strait Islander Australians are related to diabetes.

Q&A ASK DR MARSH

I've recently been diagnosed with type 2 and am confused about the carbohydrate and sugar content on food labels. Can you explain what these mean and what to look for to help with my weight and blood glucose levels?

Kate says: The value for carbohydrate on a food label tells you the total amount of carbs from both starches and sugars. The amount of carbs you need varies depending on your weight and activity levels and it's important to get individualised advice.

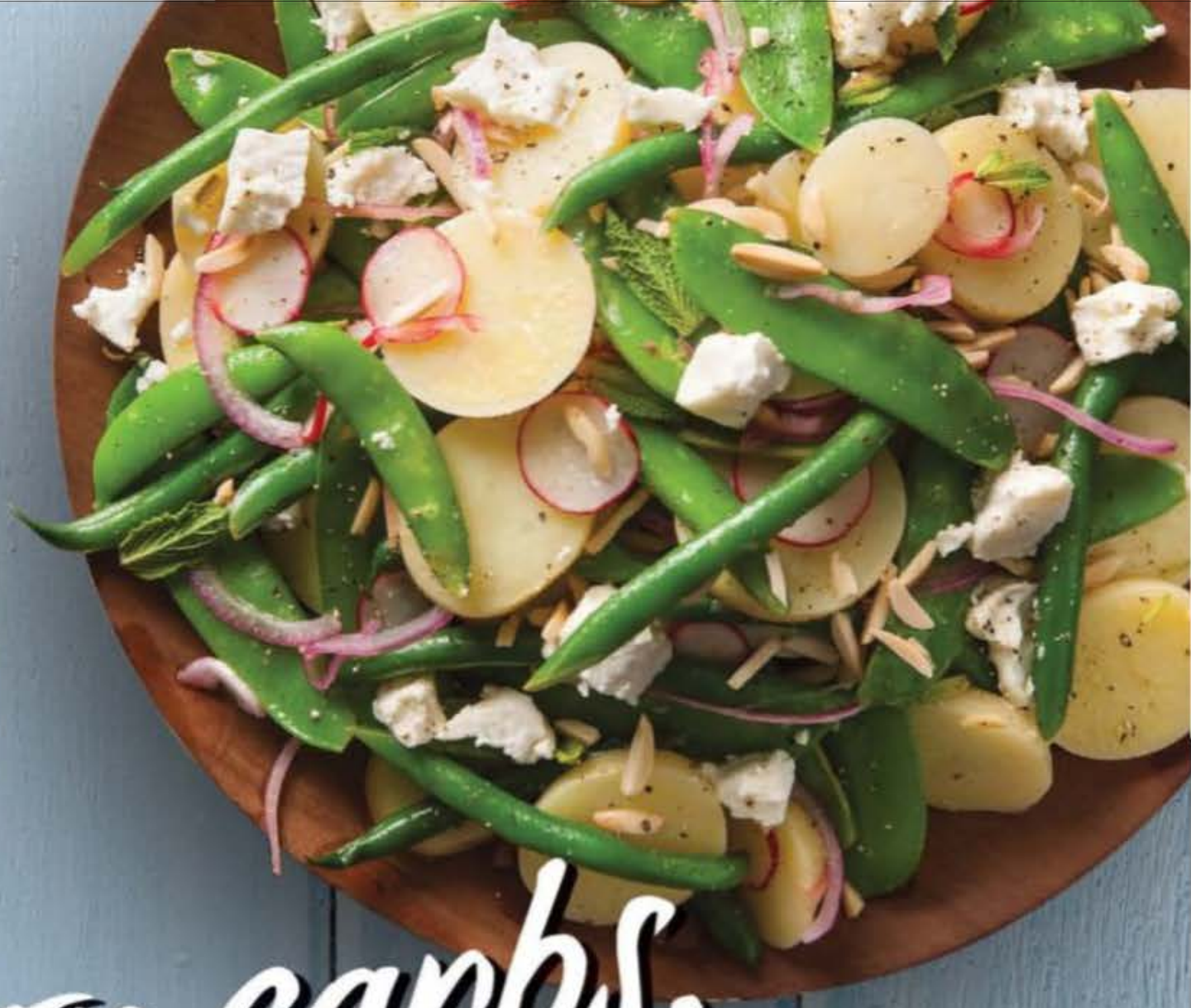
The sugar content on a food label doesn't refer to added sugar, as many people believe, but tells you the total amount of sugar, which includes both added sugars and those which are naturally occurring (e.g. in fruit and milk products). In general, products with less than 5g of sugar per 100g are considered low in sugar, but some healthy products may not fit in this category due to their naturally occurring sugars. The ingredient list can help you determine the source of sugar. If a food is high in sugar and doesn't contain fruit or milk products it should probably stay on the shelf! ■

Dr Kate Marsh, advanced accredited practicing dietitian and credentialled diabetes educator

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES

SPUD LITE™

25% LESS CARBS
THAN OTHER POTATOES*



Lite on carbs. Rite on taste.

Spud Lite is a potato that naturally has **25% less carbs** than your average potato*.

Spud Lite is a golden, creamy potato bursting with nutrition, vitamin C and potassium.

With the addition of Spud Lite Micro to the range, you can now enjoy a quick and easy side dish to any meal. Just pop it into the microwave for 4 - 7 minutes and they're done.

The entire Spud Lite range derives from natural cross pollination without any genetic modification resulting in 8.9g of carbohydrates per 100g... that's 25% less than other potatoes*!

spudlite.com.au

ROASTING · MASHING · STEAMING · BOILING · FRYING · MICROWAVING

Zerella FRESH

*25% lower in carbohydrates than the average raw potato listed in the AustNut 2011-13 Food Database.

Road WARRIOR

Two years ago Emily Vuong, type 1, couldn't run 2km – now she has completed the New York Marathon

Diagnosed with type 1 diabetes at just 14 months old, after her parents noticed she was extremely lethargic, thirsty and wetting through her nappies, Emily Vuong has grown up knowing no different. "When I started school, I did start to realise I was different to everyone else," she says. "And I had periods of rebellion where I wanted to ignore my diabetes altogether."

Emily in action at the Perth Running Festival 2018.

Despite this, her parents wanted her to live as much of a normal life as possible. "They taught me how to do everything like site changes, finger pricks, bolusing and carb counting; but when they could, they always did it for me," she says.

Emily, now 23, has been on a pump (Medtronic 640g) for most of her life, and is grateful to also be using the Dexcom G5 system to help manage her diabetes with ease.

Although she admits she wasn't the fittest kid growing up, seven years ago Emily discovered weightlifting. "I found it the best way to boost my insulin sensitivity over the long-term, especially when I lift heavier weights" she says. "The effects were pretty instant, and it made me feel empowered – like I could actually do something to make managing my diabetes easier – so I stuck with it."

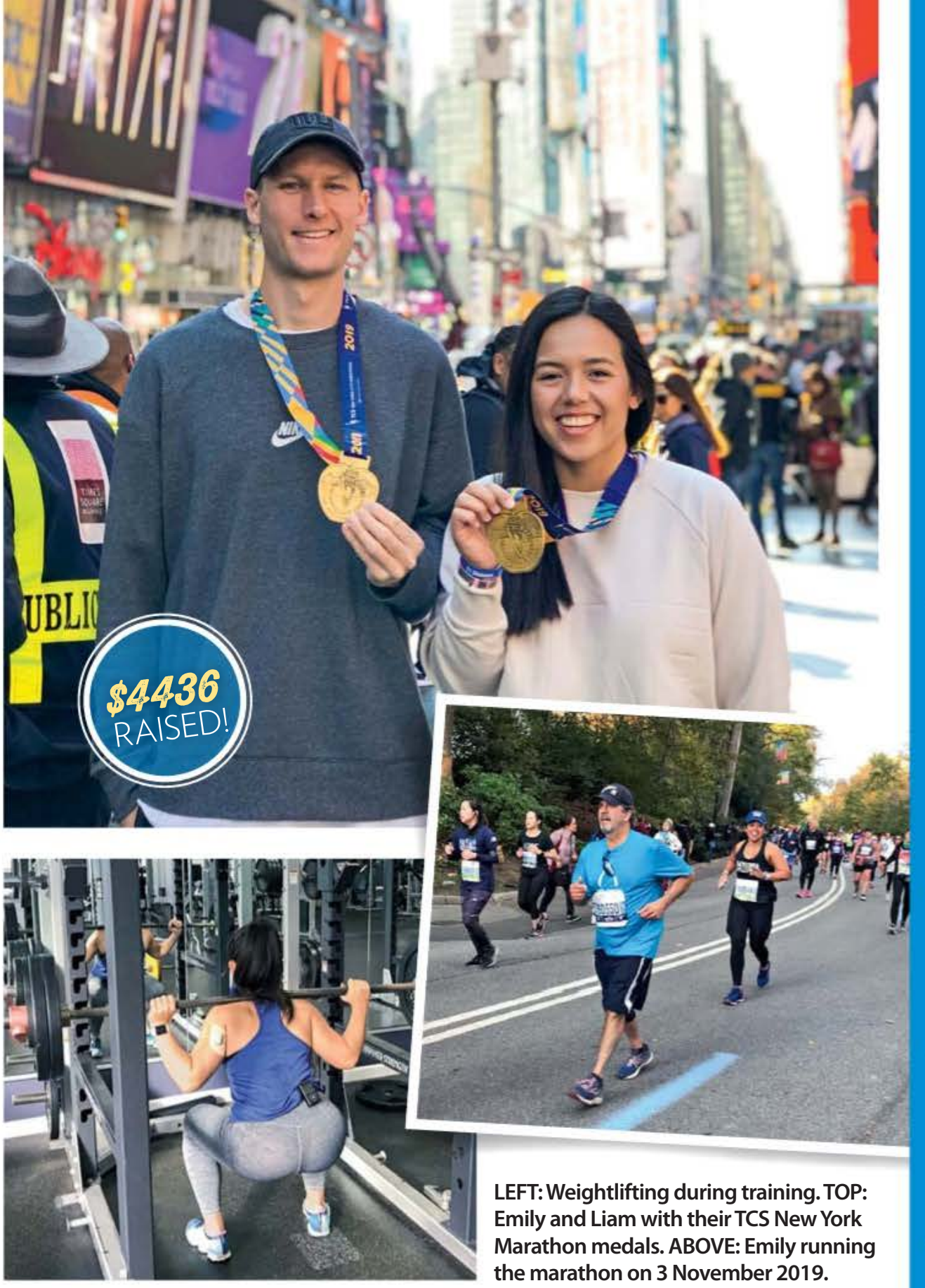
In 2018, Emily and her partner Liam decided to train together for the annual TCS New York City Marathon on 3 November 2019. "I've always secretly wanted to run a marathon, but I never thought I had it in me!" she admits. "I always assumed my body just wasn't suited to long- distance running. I had to remind myself that all you have to do is start – the rest will come with time and experience."

But it wasn't without its challenges. While weightlifting, Emily's BGLs are usually pretty consistent, and she hadn't experienced any big spikes or hypos – until she added running to her exercise regimen.

"It's been a huge challenge to solidify my insulin and food regimen to get my BGLs right during my runs – especially the long ones," she explains. "To balance things out, I've continued to include weightlifting in my marathon training, but have cut down to two sessions per week."

In training to run the 42.2km course, Emily discovered she needed to become more aware of various aspects that affected her diabetes. Before she goes for a run, she has a snack and lets her body digest it to ensure the glucose has absorbed into her bloodstream. "I found that if I don't wait long enough pre-run for my snack to absorb, my BGLs would skyrocket after my run, as blood flow is

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** SUPPLIED BY EMILY VUONG
*AMOUNT RAISED IS CORRECT AT THE TIME OF PRINTING



LEFT: Weightlifting during training. TOP: Emily and Liam with their TCS New York Marathon medals. ABOVE: Emily running the marathon on 3 November 2019.

returned to my gut and the food is absorbed," she explains. On the other hand, the tiniest amount of insulin in her body causes her BGLs to plummet during a run.

Emily also quickly learnt that when she is dehydrated her Dexcom becomes very inaccurate. Adjusting these aspects, and more, has helped her to manage her diabetes as she runs.

In the lead-up to the marathon in November, Emily chose to fundraise for JDRF Australia – raising a total of $4436* through their Everyday Hero page with the help of her mum, who also donated $1 per pack of 6 sold in her small cookie business.

"Even though diabetes is manageable for me, there are so many people who aren't as privileged as I am," she explains. "These are the people that need a cure, and I am raising money in the hopes that I can contribute in some small way to finding that cure.

"I want to live a long, happy and healthy life, and it worries me sometimes that diabetes will get in the way of that. But I know by taking care of myself now, I am helping create a better outlook for myself in the future." ■

KEEP FAMILY IN THE KNOW

While training for the marathon, Emily has had times where she has been running alone. She shared her tips on how you can help loved ones feel more comfortable while exercising:

- **Turn on location sharing** with at least one person so you can be found easily in an emergency. (My mum also likes to watch where I go and wait at the front door for me when I get home!)
- **Tell someone approximately how long you will be** or what time you're expecting to be home.
- **If you use Dexcom,** make sure the share option is on, so your loved ones feel safe knowing they will be notified if you're in real danger.
- **Answer their phone calls,** even if it's a bit annoying. (Liam always somehow manages to call me when I'm on the tail end of a long run to tell me he's proud of me! But I know it's also to check that I'm OK without actually pestering me.)
- **Show them that you're being responsible** and carry lots of glucose with you.
- **Talk to them often** about what you're doing to manage your diabetes around your running. They'll feel better knowing you've got action plans in place.

Last-minute Christmas

Don't spend the big day in the kitchen. This speedy menu comes together in just over an hour

Entree
Modern prawn cocktail

Main
Herbed stuffed turkey rolls

Sides
Greens with almonds and tomatoes

Roasted baby potatoes with salsa verde

Dessert
Raspberry and ricotta individual pavlovas

GF LC

MODERN PRAWN COCKTAIL

It's not an Australian Christmas until someone pulls out the prawns!

see recipe, page 24 >>

How our food works for you
see page 86

NUTRITION INFO
PER SERVE 642kJ, **protein** 20g, **total fat** 5g (sat. fat 2g), **carbs** 5g, **fibre** 2g, **sodium** 350mg

- **Carb exchanges** ½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

HERBED STUFFED TURKEY ROLLS

This Christmas forget the roast turkey and opt for individually wrapped rolls.

see recipe, page 24 >>

NUTRITION INFO
PER SERVE 994kJ, **protein** 27g, **total fat** 7g (sat. fat 2g), **carbs** 16g, **fibre** 2g, **sodium** 454mg
- **Carb exchanges** 1
- **GI estimate** low

NUTRITION INFO
PER SERVE 342kJ, **protein** 4g, **total fat** 5g (sat. fat 1g), **carbs** 3g, **fibre** 4g, **sodium** 15mg

- **Carb exchanges** 0
- **GI estimate** n/a
- **Gluten free**
- **Lower carb**

GF LC

GREENS WITH ALMONDS AND TOMATOES

Spruce up your beans for a festive, healthy addition.

see recipe, page 25 >>

GF

ROASTED BABY POTATOES WITH SALSA VERDE

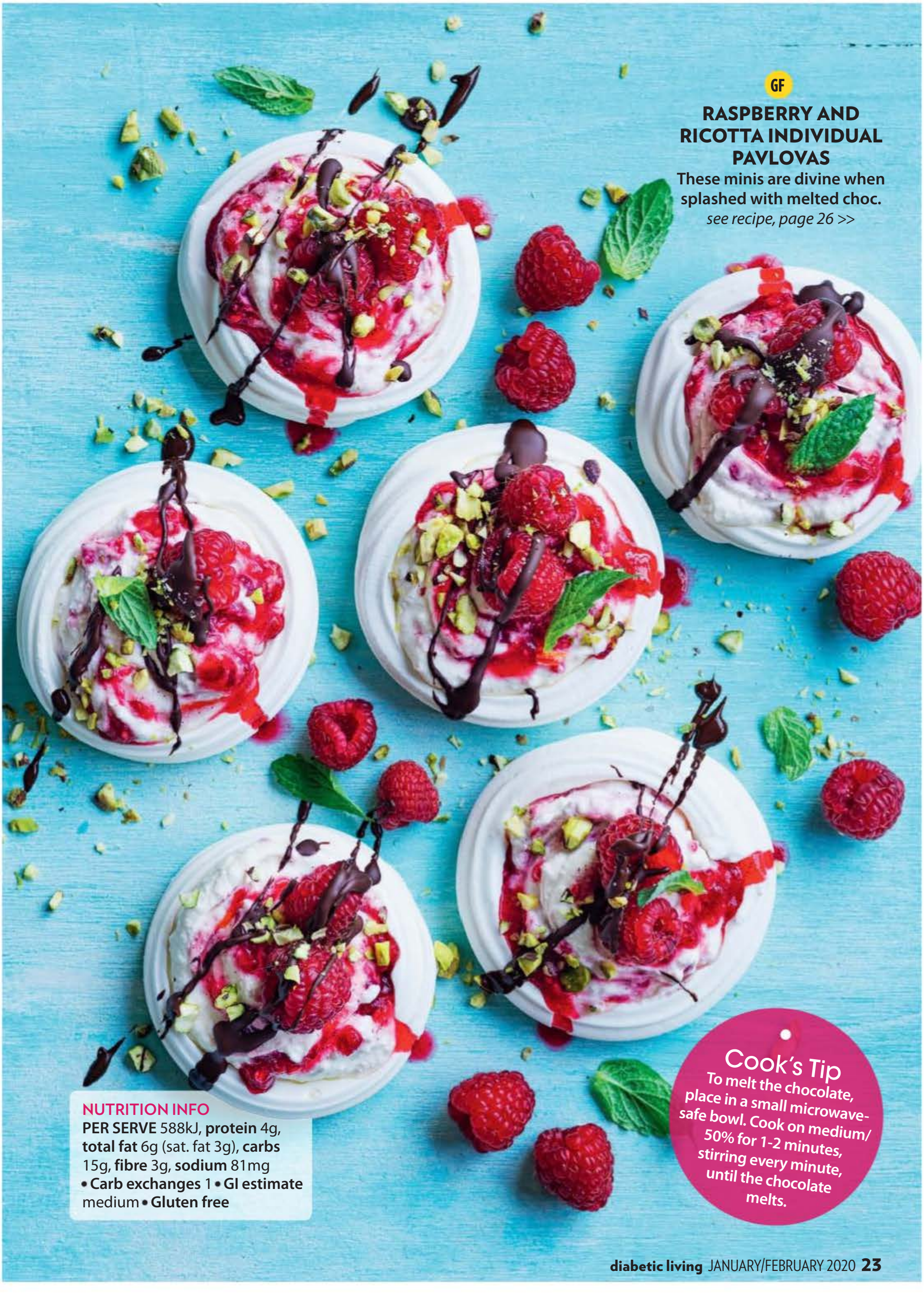
Give your classic roast potatoes a makeover everyone will love!

see recipe, page 25 >>

NUTRITION INFO

PER SERVE 602kJ, **protein** 4g, **total fat** 4g (sat. fat 1g), **carbs** 19g, **fibre** 3g, **sodium** 245mg

- **Carb exchanges** 1
- **GI estimate** high
- **Gluten free**



GF

RASPBERRY AND RICOTTA INDIVIDUAL PAVLOVAS

These minis are divine when splashed with melted choc.

see recipe, page 26 >>

NUTRITION INFO

PER SERVE 588kJ, **protein** 4g, **total fat** 6g (sat. fat 3g), **carbs** 15g, **fibre** 3g, **sodium** 81mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten free**

Cook's Tip

To melt the chocolate, place in a small microwave-safe bowl. Cook on medium/50% for 1-2 minutes, stirring every minute, until the chocolate melts.

Entree

MODERN PRAWN COCKTAIL

PREP TIME: 20 MINS
COOK TIME: 10 MINS
SERVES 6 (AS A STARTER)

Modern-style prawn cocktail

1 bunch asparagus, woody ends trimmed
1kg green prawns, peeled and deveined, tails left intact, butterflied (see Cook's Tip)
120g mixed salad leaves
2 Lebanese cucumbers, peeled into ribbons using a vegetable peeler
1 small avocado, thinly sliced

Dressing

3 Tbsp low-fat Greek-style natural yoghurt
2 Tbsp extra light sour cream
1 Tbsp salt-reduced tomato sauce
1 Tbsp fresh lemon juice
½ tsp smoked paprika, plus extra if desired
Sprigs of dill, to serve
Freshly ground black pepper

1 Put the asparagus in a shallow microwave-safe dish. Add 60ml (¼ cup) water. Cover and cook on high/100% for 1 minute. Drain and set aside to cool for 5 minutes. Cut in half, lengthways, and set aside.

2 Preheat a large flat chargrill plate or barbecue plate on medium-high. Spray both sides of the prawns with cooking spray. Add the prawns, cut-side down, to the plate and cook for 2 minutes or until almost cooked through. Turn over and cook for a further 1 minute or until the prawns are just cooked. Transfer to a plate.

3 To make the dressing, whisk the yoghurt, sour cream, tomato sauce, lemon juice and paprika in a small bowl. Taste, adding a little more smoked paprika if you like (just a pinch at a time).

4 Divide the salad leaves, cucumber, avocado and cooked asparagus between serving plates. Top with the prawns. Drizzle over the dressing. To serve, sprinkle with dill and freshly ground black pepper.

COOK'S TIP

To butterfly the prawns, cut a line from underneath the head of the prawn to the tip of the tail using a sharp knife, making sure the knife doesn't cut all the way through the meat.

Herbed stuffed turkey rolls

Main

HERBED STUFFED TURKEY ROLLS

PREP TIME: 20 MINS
COOK TIME: 20 MINS
SERVES 6 (AS PART OF A MAIN)

95g (1¼ cups) fresh breadcrumbs, made from sourdough bread
30g thinly sliced prosciutto
1 large clove garlic, crushed
⅓ cup finely chopped flat-leaf parsley, plus extra leaves to serve
1 Tbsp chopped lemon thyme
4 green shallots, finely chopped
Zest of 1 orange
1 x 60g egg, lightly whisked
1 Tbsp fresh orange juice
Freshly ground black pepper
6 x 100g turkey breast steaks
1 tsp extra virgin olive oil
Rocket leaves, to serve
3 Tbsp bought cranberry sauce, to serve

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Place the breadcrumbs and prosciutto on the baking tray,

Greens with almonds and tomatoes

Roasted baby potatoes with salsa verde

separating slightly. Bake for 7-8 minutes or until the breadcrumbs are lightly toasted. Set aside to cool. Finely chop the prosciutto.

2 Place the breadcrumbs, prosciutto, garlic, parsley, thyme, shallots, orange zest, egg, orange juice and pepper in a large bowl. Use your hands to mix until well combined. Place the turkey steaks (2-3 at a time) between two pieces of baking paper. Use the flat side of a meat mallet to flatten until about 5mm thick.

3 Reduce oven to 170°C (fan-forced). Line a baking tray with baking paper. Place all the steaks on a large piece of baking paper. Divide the filling between the steaks and spread out in a thin layer over each steak. Roll up firmly and secure with toothpicks or small skewers. Heat the oil in a large non-stick frying pan over medium heat. Add the turkey rolls to the pan and cook for 1-2 minutes, turning often, until just browned. Transfer to lined tray.

4 Roast the turkey rolls for 7-10 minutes until just cooked through. Set aside to rest for 2-3 minutes before slicing. Serve on rocket leaves, top with extra parsley leaves, and with cranberry sauce on the side

Sides

GREENS WITH ALMONDS AND TOMATOES

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVE 6 (AS A SIDE)

350g green beans, trimmed, cut lengthways in half
300g sugar snap peas, topped and tailed
1 Tbsp light margarine
2 cloves garlic, crushed
30g slivered almonds
8 mini roma or cherry tomatoes, finely chopped
Freshly ground black pepper

1 Put the beans in a shallow microwave-safe dish. Add 60ml (¼ cup) water. Cover and cook on high/100% for 2-2½ minutes or until bright green and tender crisp. Drain well and transfer to a large serving plate.

2 Add sugar snap peas to the dish. Add 60ml (¼ cup) water. Cover and cook on high/100% for 2 minutes. Drain well and put on serving plate with the beans.

3 Heat the margarine in a small non-stick frying pan over medium heat. Add the garlic and almonds. Cook, stirring, for 2-3 minutes or until the almonds are light golden brown.

4 Spoon the garlic almonds and tomatoes over the greens. Sprinkle with pepper. Serve at room temperature.

ROASTED BABY POTATOES WITH SALSA VERDE

PREP TIME: 15 MINS
COOK TIME: 50 MINS
SERVES 6 (AS A SIDE)

1.25kg Baby Spud Lite potatoes, halved lengthways

Salsa Verde

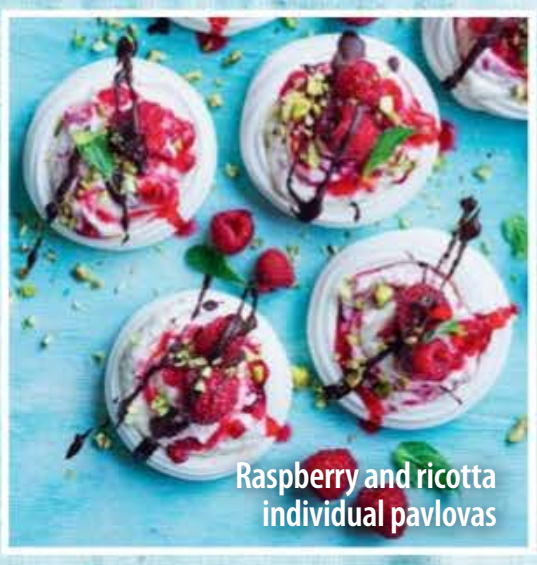
½ bunch flat-leaf parsley, leaves picked
3 drained anchovies, patted dry with paper towel
2 Tbsp drained capers (in vinegar)
Finely grated zest of 1 lemon
Freshly ground black pepper
1 Tbsp extra virgin olive oil ➤

1 **Preheat oven** to 210°C (fan-forced). Line a large roasting pan with baking paper. Place the potatoes in the pan and spray with cooking spray. Roast for 45-50 minutes, tossing occasionally, until the potatoes are golden brown and tender.
2 **Meanwhile,** to make the salsa verde, put the parsley, anchovies, capers and lemon on a chopping board. Use a large sharp knife to finely chop all the ingredients. Transfer to a small container. Season with black pepper. Stir in the olive oil. Cover and then put in the fridge until ready to use.
3 **Serve the roasted potatoes** with the salsa verde.

Cheers to the festive season

If you choose to indulge in a few alcoholic drinks this Christmas, do so responsibly. The Australian Dietary Guidelines recommend no more than two standard alcoholic drinks on any given day, with at least two alcohol-free days each week. This Christmas, try choosing lower-alcohol options such as light beer or mixing your regular wine with soda water. This will help reduce your alcohol and kilojoule intake this festive season!

- **A middy (285ml) of light beer** will contain approximately 300kJ and 7g carbs.
- **60ml white wine** mixed with 60ml soda water contains approximately 170kJ and less than 1g carbs.


Raspberry and ricotta individual pavlovas

Dessert

RASPBERRY AND RICOTTA INDIVIDUAL PAVLOVAS

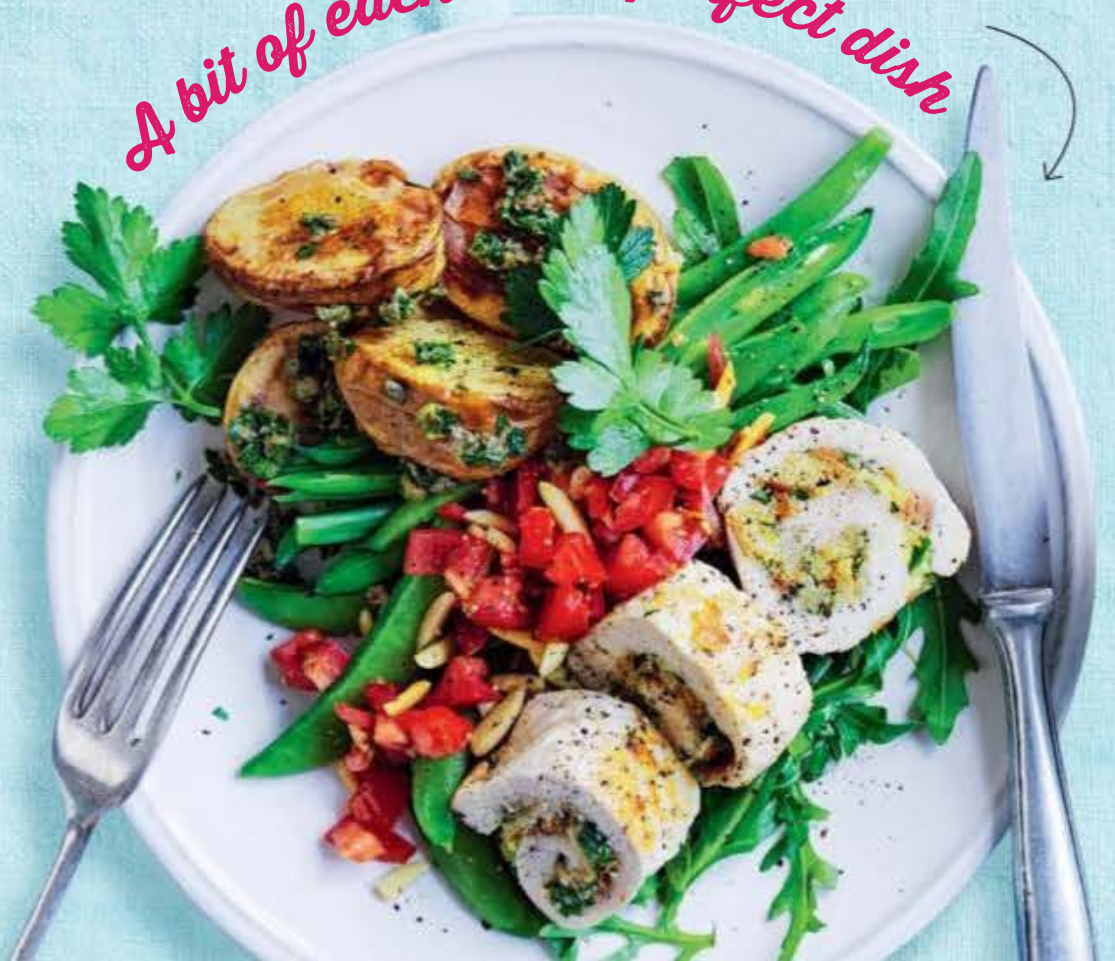
PREP TIME: 30 MINS
(+ 2 HOURS CHILLING)
COOK TIME: 5 MINS
SERVES 6 (AS A DESSERT)
6 (10g each) meringue nests
125g punnet raspberries
30g dark chocolate, melted (see Cook's Tip, page 23)
10g unsalted shelled pistachio nuts, finely chopped
Mint leaves, to serve
Coffee, to serve (optional)

Raspberry and vanilla ricotta cream
125g smooth ricotta
2 Tbsp light sour cream
1 Tbsp granulated sugar substitute
1 tsp vanilla extract
1 x 125g punnet raspberries
Finely grated zest of ½ an orange

1 **To make the raspberry** and vanilla ricotta cream, combine the ricotta, sour cream, sugar substitute and vanilla in a small bowl. In a separate bowl, combine the raspberries and orange zest. Chill until needed.
2 **To serve,** gently swirl the raspberry mixture through the ricotta mixture. Place the meringue nests onto serving plates. Spoon the raspberry ricotta cream evenly between meringues. Top with raspberries, drizzle with the chocolate and sprinkle with pistachios and mint. Serve with coffee, if you want. ■

TOTAL MENU ANALYSIS
(excluding drinks)
PER SERVE 3170kJ, **protein** 58g, **total fat** 27g (sat. fat 8g), **carbs** 59g, **fibre** 14g, **sodium** 1150mg
• **Carb exchanges** 4 • **GI estimate** low

A bit of each is the perfect dish



RECIPES ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** BEN DEARNLEY **STYLING** VANESSA AUSTIN **FOOD PREPARATION** SARAH MAYOH

Summer sipping

Avoid the usual suspects for a classic cocktail or tipple with a twist

BRAMBLE

PREP TIME: 5 MINS
SERVES 1 (AS AN OCCASIONAL DRINK)

3 tsp boiling water
3 tsp granulated sugar substitute
40ml gin
1 Tbsp fresh lemon juice
Ice cubes, to serve
Crushed ice, to serve
2 tsp crème de mure (blackberry liqueur)
1 lemon slice and a blackberry, to serve (optional)

1 Combine boiling water and sugar substitute in a small bowl to create a sugar syrup, then set aside to cool.
2 Shake gin, lemon juice and sugar syrup in a cocktail shaker with a good handful of ice cubes. Strain into a small glass full of crushed ice. Drizzle the crème de mure over the top so it 'bleeds' into the drink. Top with the lemon slice and blackberry, if using.

HEALTH TIP

The Australian Dietary Guidelines recommend both men and women limit their alcohol consumption to no more than 2 standard drinks per day, with at least 2 alcohol-free days each week.

How our food works for you
see page 86

NUTRITION INFO GF LC
PER SERVE 450kJ, **protein** 0g, **total fat** 0g (sat. fat g), **carbs** 2g, **fibre** 1g, **sodium** 2mg
- **Carb exchanges** 0
- **GI estimate** n/a
- **Gluten free**
- **Lower carb**

3 Twists

*Fresh fruit bramble

Muddle 6 **blackberries** in a small glass. Add 40ml **gin**, 1 Tbsp fresh **lemon juice**, and 3 tsp **granulated sugar substitute** and 3 tsp **boiling water** (combined and cooled), and fill the glass two thirds full with crushed **ice**. Mix then top with more crushed ice.

PER SERVE 456kJ, **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 4g, **fibre** 2g, **sodium** 2mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb** GF LC

*Bramble royale

Reduce the amount of crushed **ice** by about a third, then top with 25ml **champagne**, mix gently, add a bit more crushed ice, garnish and serve.

PER SERVE 523kJ, **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 2g, **fibre** 0g, **sodium** 5mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb** GF LC

*Peach sour

Try 2 tsp **crème de peche** (peach liqueur) instead of crème de mure. ■

PER SERVE 450kJ, **protein** 0g, **total fat** 0g (sat. fat g), **carbs** 2g, **fibre** 1g, **sodium** 2mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb** GF LC

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

5 days 5 dinners

Mix up your weeknight meals with these summery creations

GFO LC

MONDAY

ITALIAN-STYLE BEEF AND BROCCOLINI SPAGHETTI

The colours of the Italian flag: enjoy your red, white and greens!

see recipe, page 33 >>

How our food works for you
see page 86

NUTRITION INFO

PER SERVE 1460kJ, **protein** 39g, **total fat** 14g (sat. fat 5g), **carbs** 11g, **fibre** 8g, **sodium** 388mg

- **Carb exchanges** ½
- **GI estimate** low
- **Gluten-free option** • **Lower carb**

NUTRITION INFO
PER SERVE 1280kJ, **protein** 24g, **total fat** 16g (sat. fat 3g), **carbs** 11g, **fibre** 11g, **sodium** 571mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**

LC

TUESDAY

CAULIFLOWER FRIED RICE

A great Asian-inspired combination, with a chilli zing if desired.

see recipe, page 33 >>

NUTRITION INFO
PER SERVE 1420kJ, **protein** 37g, **total fat** 7g (sat. fat 1g), **carbs** 26g, **fibre** 12g, **sodium** 212mg
- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

GF LC

WEDNESDAY

CHICKEN AND PICKLE SLAW

The creamy dressing adds great flavour to this quick and easy dish.

see recipe, page 34 >>

GFO LC

THURSDAY

LEMON PEPPER FISH WITH SMASHED POTATOES

Spuds and asparagus make a great sidekick for tasty fish.

see recipe, page 34 >>

NUTRITION INFO

PER SERVE 1510kJ, **protein** 36g, **total fat** 10g (sat. fat 2g), **carbs** 26g, **fibre** 8g, **sodium** 492mg • **Carb exchanges** 1½
• **GI estimate** medium
• **Gluten-free option** • **Lower carb**

TOFU AND MUSHROOM VEGIE BURGER

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVES 2 (AS A MAIN)

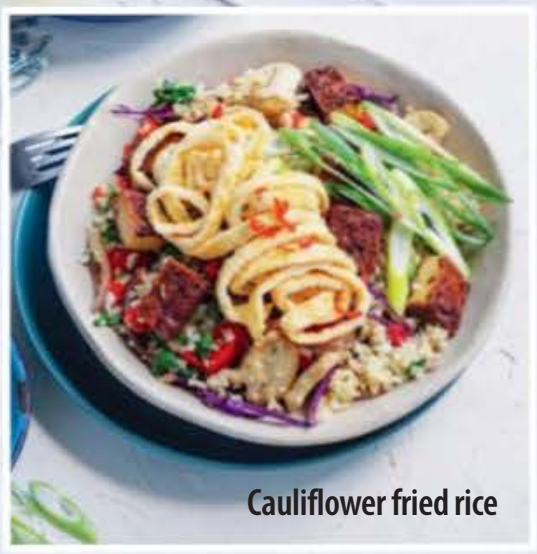
2 large cap mushrooms, stalks removed
½ small red onion, sliced into rounds
½ red capsicum, halved, seeds removed, flattened
100g Macro Honey Soy Tofu
2 Tbsp low-fat Greek-style natural yoghurt
1 Tbsp bought pesto
2 Abbott's Village Bakery Light Rye Sandwich Thins, split
20g baby spinach leaves

1 Preheat a barbecue plate or large chargrill plate on medium-high. Spray the mushrooms, onion and capsicum with cooking spray. Add to the barbecue and reduce heat to medium. Cook for 6-7 minutes, turning occasionally, or until the mushrooms soften (you want the mushrooms to be quite soft). Add the tofu to the barbecue for the last few minutes of cooking, turning once, and cooking until warmed through.
2 Meanwhile, combine the yoghurt and pesto in a small bowl. Lightly toast the sandwich thins.
3 Spread the bottom pieces of the sandwich thins with half the pesto yoghurt. Top the base of the sandwich thins with the spinach leaves. Top with the mushrooms, onion, capsicum and tofu. Drizzle with the remaining pesto yoghurt. Cover with the top of the sandwich thins. Serve.

LC
FRIDAY

NUTRITION INFO
PER SERVE 1130kJ, **protein** 19g, **total fat** 7g (sat. fat 1g), **carbs** 26g, **fibre** 8g, **sodium** 394mg
- **Carb exchanges** 1½
- **GI estimate** low
- **Lower carb**

Italian-style beef and broccolini spaghetti



Cauliflower fried rice

Whip up meals as easy as they are delicious

ITALIAN-STYLE BEEF AND BROCCOLINI SPAGHETTI

PREP TIME: 10 MINS
COOK TIME: 25 MINS
SERVES 2 (AS A MAIN)

2 tsp extra virgin olive oil
250g extra lean beef mince
2 cloves garlic, crushed
4 very ripe tomatoes, chopped
½ tsp powdered salt-reduced stock or gluten-free stock powder
125ml (½ cup) boiling water
1 bunch broccolini, cut into smaller pieces
Freshly ground black pepper
10g finely grated parmesan, plus 10g parmesan shavings
250g packet zucchini spaghetti, cooked following packet directions (see Cook's Tip)
Zest of ½ a lemon
¼ cup flat-leaf parsley leaves

1 Heat the oil in medium non-stick frying pan over medium-high heat. Add the beef mince and garlic. Cook, stirring often, for 2-3 minutes or until the mince is browned.
2 Add tomato, and combined stock powder and water to pan. Bring to a simmer over medium heat. Simmer, partially covered, for 10 minutes. Remove the lid and add the broccolini. Cook for 5-10 minutes or until broccolini is tender and liquid reduces slightly.
3 Remove the pan from the heat and stir in the pepper and grated parmesan. Divide the zucchini spaghetti between serving bowls. Top with the beef mixture. To serve, sprinkle with the lemon zest, parsley and parmesan shavings.

COOK'S TIP

Also known as spiralised zucchini, you can find this in the refrigerator section of the fruit and veg section at the supermarket.

CAULIFLOWER FRIED RICE

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVES 2 (AS A MAIN)

2 tsp olive oil
2 x 60g eggs, lightly whisked
250g packet cauliflower rice
½ red onion, thinly sliced
125g button mushrooms, sliced
½ red capsicum, chopped
½ small red chilli, seeds removed, finely chopped, plus extra to serve (optional)
100g Macro Honey Soy Tofu, chopped
2 tsp salt-reduced soy sauce
Juice of ½ a lime
50g baby spinach leaves, shredded
1 cup shredded red cabbage
2 green shallots, thinly sliced, to serve

1 Heat ½ tsp oil in medium non-stick frying pan over medium heat. Pour eggs over base of pan, swirling pan to coat base with eggs. Cook for 2 minutes or until eggs are set and light golden underneath. Turn omelette over and cook for a further 30 seconds. Transfer to a board and set aside to cool slightly. Slice the omelette.
2 Use a fine skewer to prick small holes in the cauliflower rice packet. Cook on high/100% for 1½ minutes. Set aside.
3 Heat remaining oil in large wok over medium-high heat. Add onion, mushroom, red capsicum and chilli. Cook for 2-3 minutes or until veg start to soften. Add tofu and cook, tossing, for 1 minute. Add soy sauce and lime juice. Toss to combine. Add spinach, cabbage and cauliflower rice to the wok. Toss until well combined and heated through. To serve, top with sliced omelette, shallots and extra chilli, if using. ➤

Chicken and pickle slaw

Lemon pepper fish with smashed potatoes

CHICKEN AND PICKLE SLAW

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVES 2 (AS A MAIN)

250g skinless chicken breast fillet, trimmed of fat, split in half lengthways through the middle
Freshly ground black pepper
1 corn cob, husk and silk removed
2 cups finely shredded red cabbage
½ red onion, very thinly sliced
50g baby cucumbers (pickled), thinly sliced diagonally
1 small carrot, coarsely grated
30g baby spinach leaves, shredded

Smoked creamy dressing

2 Tbsp low-fat Greek-style natural yoghurt
1 Tbsp fresh lemon juice
1 tsp olive oil
½ tsp smoked paprika

1 Preheat a chargrill pan on medium-high. Spray both sides of the chicken with cooking spray. Season with pepper. Add chicken to chargrill and reduce heat to medium. Cook for 2-3 minutes each side, or until cooked through. Transfer to a plate.
2 Meanwhile, place the corn in a shallow microwave safe dish with 60ml (¼ cup) water. Cover and cook on high/100% for 4 minutes, or until cooked. Set aside for 5 minutes to cool. Use a sharp knife to cut the kernels off the cob. Transfer to a large bowl.
3 Shred or thinly slice chicken. Add to the bowl with corn. Add cabbage, onion, cucumber, carrot and spinach. Toss to combine.
4 To make the dressing, whisk all the ingredients in a small bowl. Season with pepper.
5 Divide the salad between shallow serving bowls. Drizzle with the dressing, to serve.

LEMON PEPPER FISH WITH SMASHED POTATOES

PREP TIME: 10 MINS
COOK TIME: 15 MINS
SERVES 2 (AS A MAIN)

300g Baby Spud Lite potatoes, quartered
2 tsp extra virgin olive oil
2 x 150g pieces skinless and boneless white fish fillets
1 tsp lemon pepper seasoning
1 small bunch watercress, leaves picked (50g picked leaves)
1 Lebanese cucumber, halved, thinly sliced
¼ small red onion, thinly sliced
1 orange, skin and white pith removed, segmented
6 asparagus spears, trimmed, steamed, to serve

Dressing

2 Tbsp fresh orange juice
1 tsp extra virgin olive oil
½ tsp Dijon mustard or gluten-free mustard
Pinch caster sugar
Freshly ground black pepper

1 Put the potatoes in a shallow microwave-safe dish with 60ml (¼ cup) water. Cover and cook on high/100% for 5 minutes or until they are very tender. Drain well. Use a fork or the back of a spoon to press down on potatoes to smash them. Set aside.
2 Heat 1 tsp oil in a large non-stick frying pan over medium-high heat. Add the potatoes and cook for 2-3 minutes, turning occasionally, or until light golden brown. Transfer to a plate and cover with foil to keep warm.
3 Heat the remaining oil in the pan over medium heat. Coat the fish in the lemon pepper seasoning. Add to the pan and cook for 2½-3 minutes each side, or until the fish is just cooked.
4 Meanwhile, combine the watercress, cucumber, onion and orange in a large bowl. To make the dressing, whisk the orange juice, oil, mustard and sugar in a small bowl. Season with pepper.
5 Divide smashed potatoes between serving plates. Top with the fish. Divide salad between plates. Drizzle with dressing. Serve with asparagus.

RECIPES ALISON ROBERTS, SHANNON LAVERY **PHOTOGRAPHY** BEN DEARNLEY, GETTY IMAGES, ISTOCK **STYLING** VANESSA AUSTIN **FOOD PREPARATION** SARAH MAYOH

YOUR shopping list

GROCERIES
- ☐ 350g jar baby cucumbers
- ☐ 190g jar bought basil pesto
- ☐ 270g pkt Abbott's Village Bakery Light Rye Sandwich Thins

FRUIT AND VEGETABLES
- ☐ 1 cob corn
- ☐ ½ small red cabbage
- ☐ 750g pkt Baby Spud Lite potatoes
- ☐ 1 red onion, 1 small red onion
- ☐ 1 small carrot
- ☐ 1 red capsicum
- ☐ 125g button mushrooms
- ☐ 2 large cap mushrooms
- ☐ 1 Lebanese cucumber
- ☐ 1 bunch broccolini
- ☐ ½ bunch green shallots
- ☐ 4 very ripe tomatoes
- ☐ 100g baby spinach leaves
- ☐ 1 small bunch watercress
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 small red chilli
- ☐ 250g pkt bought cauliflower rice
- ☐ 250g pkt zucchini spaghetti
- ☐ 1 bunch asparagus
- ☐ 1 lemon
- ☐ 1 lime
- ☐ 2 oranges

MEAT & CHICKEN
- ☐ 250g skinless chicken breast fillet
- ☐ 250g extra lean beef mince

SEAFOOD
- ☐ 2 x 150g pieces skinless and boneless white fish fillets

CHILLED
- ☐ 1kg tub low-fat Greek-style natural yoghurt
- ☐ 200g pkt Macro Honey Soy Tofu

HOME
- ☐ Olive oil
- ☐ Extra virgin olive oil
- ☐ Salt-reduced soy sauce
- ☐ Dijon mustard
- ☐ Smoked paprika
- ☐ Lemon pepper seasoning
- ☐ Freshly ground black pepper
- ☐ Salt-reduced stock powder
- ☐ Caster sugar
- ☐ 2 x 60g eggs
- ☐ 2 cloves garlic
- ☐ Parmesan

LEFTOVERS

GROCERIES

Baby cucumbers: Use in salads, slice and put on sandwiches, or have a few as a handy snack with some chopped apple.

Pesto: Toss through a little cooked pasta with chopped capsicum, zucchini, cherry tomatoes and shredded spinach for a quick and easy lunch.

Sandwich thins: Use in place of regular bread as a lower-carb option.

Yoghurt: Serve with fresh fruit, a few shelled and chopped unsalted pistachio nuts and a drizzle of honey for breakfast.

FRUIT AND VEGETABLES

Cabbage: Finely shred and use in salads or sauté in a little olive oil and garlic. Serve as a side.

Chilli: Finely chop and use in stir-fries, dressings or pasta sauces.

Parsley: Chop and use in dressings; use the whole leaves in salads.

Potatoes: Roast, boil, steam or mash.

Asparagus: Use in stir-fries and salads, or steam and serve with poached eggs, grilled mushrooms, tomatoes and wholemeal sourdough for breakfast.

Red onion: Use in salads or stir-fries.

Lime: Use in dressings or serve wedges with grilled fish and salad.

Green shallots: Use in salads, stir-fries, pasta sauces and dressings. ■

How our food works for you
see page 86

NUTRITION INFO
PER SERVE 1080kJ, **protein** 9g, **total fat** 14g (sat. fat 3g), **carbs** 19g, **fibre** 8g, **sodium** 226mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

GF LC

EPIC SUMMER SALAD
Colour comes to the fore in this impressive salad – no cooking required.
see recipe, page 41 >>

Let's eat OUTSIDE

Make the most of summer days by getting out of the kitchen and getting a licence to grill!

NUTRITION INFO

PER SERVE 2470kJ, **protein** 47g, **total fat** 23g (sat. fat 6g), **carbs** 44g, **fibre** 10g, **sodium** 513mg • **Carb exchanges** 3 • **GI estimate** medium

STICKY JERK LAMB KEBABS

Feasting on lamb under the sun - it doesn't get much more Aussie than that!

recipe, page 41 >>

Cook's Tips

- If you are using wooden skewers, soak them in cold water for 20 minutes first.
- If you have time, leave the meat to marinate for a few hours.

Spend the afternoon in the sun with friends

Cook's Tip

If you can get coloured Dutch carrots (such as purple and yellow) you can use them in place of regular carrots, or go for a mix of different colours.

BEETROOT HUMMUS PARTY PLATTER

Never know what to cook when your friends come over for drinks? This platter is for you!

see recipe, page 41 >>

NUTRITION INFO

PER SERVE 1920kJ, **protein** 21g, **total fat** 26g (sat. fat 8g), **carbs** 29g, **fibre** 10g, **sodium** 662mg

- **Carb exchanges** 2
- **GI estimate** low

NUTRITION INFO LC
PER SERVE 1980kJ, **protein** 35g, **total fat** 24g (sat. fat 6g), **carbs** 25g, **fibre** 8g, **sodium** 982mg
- **Carb exchanges** 1½
- **GI estimate** medium
- **Lower carb**

ONE-PAN SEAFOOD ROAST WITH SMOKY GARLIC

PREP TIME: 20 MINS
COOK TIME: 40 MINS
SERVES 4 (AS A MAIN)

400g Baby Spud Lite potatoes
1 Tbsp olive oil
Freshly ground black pepper
12 small prawns, heads and shells on
12 local mussels
200g squid with tentacles, cleaned
2 cobs corn
70g margarine
½ small bunch flat-leaf parsley, chopped, plus extra to serve
1 tsp smoked paprika
3 cloves garlic, crushed
1 lemon, zested, then cut into wedges
12 clams, cleaned
120g chorizo, peeled and sliced

1 Preheat oven to 180°C (fan-forced). Line a large roasting pan with baking paper. Use a large knife to cut incisions in each potato, making sure you don't cut through to the base, and keep the cuts as close together as possible. Toss the potatoes in half the oil and season with pepper. Place the potatoes in the pan and roast for 20 minutes.

2 Butterfly the prawns by cutting a line down the back of each one, through the shell from the base of the head to the top of the tail. Pull out the black line of intestine from each one. Clean the mussels under cold water, pulling off any hairy or stringy bits. Cut the squid in the same way you did the potatoes.

3 Cut each corn cob into four pieces. Toss the corn in the remaining oil. Add to the pan and return to the oven for 5 minutes.

4 Mix half the margarine, the parsley, paprika, garlic and lemon zest in a bowl. Stuff some of the margarine into the back of each prawn and inside the squid. Increase oven temperature to 200°C (fan-forced). Add the prawns, mussels, clams, squid, lemon wedges and chorizo to the pan and toss everything together. Dot the remaining margarine over the top, season well and return to the oven for 10 minutes. (If any of the prawns haven't turned pink, or any mussels haven't opened, move them around the pan to the hot spots.) Return to the oven for another 2-3 minutes. Remove and discard any mussels that haven't opened. To serve, scatter over a little extra parsley.

Epic summer salad

Sticky jerk lamb kebabs

Beetroot hummus party platter

EPIC SUMMER SALAD

PREP TIME: 15 MINS
SERVES 6 (AS A LIGHT MEAL OR PART OF MAIN)

420g can no-added-salt black beans, rinsed, drained
100g baby spinach leaves, roughly chopped
1 Lebanese cucumber, halved lengthways, seeds scooped out, sliced on an angle
400g tomatoes, chopped into large chunks
1 small mango, peeled, chopped into chunks
1 large red onion, halved, finely sliced
8 radishes, thinly sliced
1 avocado, peeled, sliced
60g reduced-fat feta, crumbled
Handful of herbs (reserved from the dressing)

Dressing

1 small bunch mint
1 small bunch coriander
1 small bunch basil
1 long green chilli, deseeded, chopped
1 small clove garlic
30ml extra virgin olive oil
Zest and juice of 2 limes
2 Tbsp water
2 Tbsp white wine vinegar
2 tsp honey

1 For dressing, put all ingredients (leaving a few herbs for the salad) in the bowl of a food processor. Blend until well combined.
2 Scatter beans and spinach over a large platter. Arrange cucumber, tomato, mango, onion and radish on top and gently toss together with your hands. To serve, top the salad with the avocado, feta and herbs, and serve the dressing on the side.

Cook's Tip
You can make the dressing and keep in the fridge up to 2 days ahead.

STICKY JERK LAMB KEBABS

PREP TIME: 15 MINS
COOK TIME: 5 MINS
SERVES 6 (AS A MAIN)

1 Tbsp brown sugar
1 tsp allspice
1 tsp ground ginger
1 tsp ground cinnamon
1 tsp ground cumin
Freshly ground black pepper
Pinch ground cloves
Pinch cayenne pepper
Zest and juice of 1 large lime
1 Tbsp honey
1 Tbsp chopped thyme
900g lamb leg steaks, trimmed of fat, chopped
85g (⅓ cup) low-fat Greek-style natural yoghurt
3 Lebanese bread rounds, halved, to serve
Epic Summer Salad, to serve (see recipe, left)

1 Combine the brown sugar, allspice, ginger, cinnamon, cumin, black pepper, cloves and cayenne pepper in a bowl. Stir in the lime zest and juice, honey and thyme. Add the lamb and toss to coat.
2 Thread the lamb onto metal or wooden skewers.
3 Preheat a barbecue chargrill or chargrill pan over medium-high heat. Add the kebabs and cook for 2-3 minutes each side, or until the meat is charred but the inside is still a little pink.
4 Serve with the yoghurt, Lebanese bread and salad.

BEETROOT HUMMUS PARTY PLATTER

PREP TIME: 15 MINS
SERVES 8 (AS A MAIN)

2 x 420g cans no-added-salt chickpeas, drained
2 x 300g packs cooked beetroot, drained, roughly chopped
2 small cloves garlic
2 Tbsp tahini
60ml (¼ cup) extra virgin olive oil, plus a drizzle to serve
2 Tbsp water
Good squeeze of lemon juice
2 Tbsp toasted hazelnuts, roughly chopped
2 Tbsp pumpkin seeds, roughly chopped
2 tsp nigella seeds
1 tsp sumac (optional)
Pinch chilli flakes (optional) ➤

To serve
1 head fennel, trimmed, cut into thin slices
100g sugar snap peas, topped and tailed
10 Dutch (baby) carrots, scrubbed, trimmed (see Cook's Tip, page 38)
10 radishes, trimmed, washed
1 x 80g sourdough baguette, thinly sliced diagonally, chargrilled to serve
300g baby bocconcini
Prosciutto-wrapped breadsticks (8 breadsticks and 4 thin slices prosciutto, halved lengthways)
1 cup mixed olives (Kalamata and green)

1 **Set about 2 Tbsp** of the chickpeas aside. Tip the rest of the chickpeas, the beetroot, garlic, tahini, oil, water and lemon juice in a food processor. Process until smooth. Transfer hummus to an airtight container. Chill until ready to serve (it will keep for up to 2 days in the fridge).
2 **Transfer the hummus** to a wide, shallow bowl or spread over a platter. Drizzle with a little extra oil and scatter with the reserved chickpeas, hazelnuts, pumpkin seeds, nigella seeds, sumac and chilli (if using). Arrange the vegetables, bread, bocconcini, breadsticks and olives around the platter. Serve.

Think soup is just for cold winter nights? It's time for a new look!

SIMPLE GAZPACHO

PREP: 15 MINS
(+ 2 HOURS CHILLING)
SERVES 8 (AS A STARTER)

1 red onion, chopped
½ continental cucumber, chopped
2 cloves garlic, crushed
1 red capsicum, chopped
600g ripe tomatoes
1 slice low GI or gluten-free white bread
300ml salt-reduced vegetable stock or gluten-free stock
4 Tbsp olive oil
4 Tbsp sherry vinegar
1 tsp caster sugar
Freshly ground black pepper
1 Tbsp pumpkin seeds, to serve
Finely chopped flat-leaf parsley, to serve
Extra finely chopped red capsicum, to serve

1 **Put onion, cucumber**, garlic, capsicum, tomatoes and bread in a food processor. Cover and process until finely chopped.
2 **Add stock, oil**, vinegar and sugar. Blend until smooth. Season with pepper. Transfer to a container. Cover and chill for at least 2 hours, or overnight.
3 **To serve,** pour gazpacho into small bowls or glasses. Sprinkle with the pumpkin seeds, parsley and capsicum. ■

NUTRITION INFO
PER SERVE 576kJ, **protein** 3g, **total fat** 10g (sat. fat 2g), **carbs** 7g, **fibre** 3g, **sodium** 130mg
- **Carb exchanges** ½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

GFO LC

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Light as AIR

Cheers to good times and good health, all summer long

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

How our food works for you
see page 86

NUTRITION INFO GFO
PER SERVE 720kJ, protein 7g, **total fat** 4g (sat. fat 2g), **carbs** 27g, **fibre** 2g, **sodium** 48mg
- **Carb exchanges** 2
- **GI estimate** low
- **Gluten-free option**

VANILLA MOUSSE WITH STRAWBERRY PUREE

PREP TIME: 20 MINS (PLUS 2 HOURS CHILLING)
COOK TIME: 5 MINS
SERVES 6 (AS AN OCCASIONAL DESSERT)

1 egg white (from 60g egg), at room temperature
50g icing sugar or gluten-free icing sugar, plus 2 Tbsp extra
Grated zest of 1 lemon
500g Vanilla Bean Frûche, whisked until smooth
500g strawberries
Juice of ½ a lemon

1 Put egg white and 50g icing sugar in a medium heatproof bowl. Set bowl over a large saucepan of simmering water (making sure base of bowl doesn't touch water). Using handheld electric beaters, whisk on medium speed for 5 minutes until mixture is light and fluffy and holds its peaks when beaters are lifted. Remove bowl from heat. Add lemon zest and whisk for a further 2 minutes or until mixture cools down.

2 Add Frûche to egg white and use a large metal spoon to fold in until just combined. Spoon mixture evenly between 6 small serving glasses. Place in fridge to chill for 2 hours.

3 Meanwhile, roughly chop half the strawberries and put in a small food processor with 2 Tbsp icing sugar and lemon juice. Cover and process until smooth. Press puree through a fine sieve to remove seeds. Chop up remaining strawberries. Place puree and strawberries in 2 separate containers and keep them in fridge until ready to use.

4 Spoon chopped strawberries over mousse and then spoon a little puree over the top of each one. Serve. ■

5 ingredient MEALS

Transform five core ingredients with a few pantry staples into healthy and hearty meals

BACON, POTATO AND KALE FRITTATA

see recipe, opposite >>

BACON, POTATO AND KALE FRITTATA

PREP TIME: 10 MINS
COOK TIME: 25 MINS
SERVES 4 (AS A LIGHT MEAL)

400g red-skinned potatoes, unpeeled, chopped
4 rashers lean bacon, chopped
2 cups chopped kale
1 large brown onion, chopped
8 x 60g eggs
Freshly ground black pepper

1 **Cook potato** in a medium saucepan of boiling water for 10 minutes, or until just tender. Drain.
2 **Meanwhile,** cook the bacon in a medium non-stick ovenproof frying pan over medium-high heat, or until bacon is starting to become crisp. Add kale and onion. Cook, stirring occasionally, for 5 minutes or until tender.
3 **Preheat a grill** on medium-high. Add the cooked potato to the pan and toss to combine. Whisk the eggs and pepper and pour over the vegetables. Reduce heat to medium-low. As the mixture sets, run a spatula around the edge of the pan, lifting the egg mixture so the uncooked portion flows underneath. Continue cooking and lifting the edges until the egg mixture is almost set (about 8-10 minutes).
4 **Place the frying pan** under the grill. Cook for 2-3 minutes, or until the frittata is set on top and is light golden brown. Set aside for 5 minutes. Slide the frittata onto a serving platter. Cut into 4 wedges. Serve. ➤

How our food works for you
see page 86

NUTRITION INFO GF LC
PER SERVE 1170kJ, **protein** 27g, **total fat** 11g (sat. fat 3g), **carbs** 15g, **fibre** 5g, **sodium** 786mg
- **Carb exchanges** 1
- **GI estimate** medium
- **Gluten free**
- **Lower carb**

PAN ROASTED CHICKEN WITH BRUSSELS SPROUTS AND APPLES

PREP TIME: 10 MINS
COOK TIME: 35 MINS
SERVES 4 (AS A MAIN)

Apples and maple syrup add wow factor to chicken with veg

1 Tbsp olive oil
4 small bone-in skinless chicken thighs, trimmed of any excess fat
Freshly ground black pepper
500g Brussels sprouts, stems trimmed, outer leaves removed, quartered or halved if small
2 apples (such as Braeburn, Fuji, Gala or Granny Smith), core removed, unpeeled, thinly sliced
3 Tbsp sugar-free maple syrup
1 tsp chopped thyme

1 Heat the oil in a large non-stick frying pan over medium-high heat. Season chicken with pepper and add to the pan. Cook for about 10 minutes, turning once, or until browned and crisp. Reduce heat to medium and cook, partially covered, for 12 minutes, or until chicken is cooked through. Transfer to a plate, cover with foil to keep warm.

2 Add Brussels sprouts to the hot pan. Cook, covered, over medium heat for 5 minutes. Add the apple. Cook, uncovered, for 5 minutes, stirring occasionally, or until the sprouts are tender. Drizzle over the maple syrup. Toss to coat. Sprinkle with the thyme. Serve.

NUTRITION INFO GF LC
PER SERVE 1220kJ, **protein** 28g, **total fat** 12g (sat. fat 3g), **carbs** 13g, **fibre** 8g, **sodium** 150mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**

Cook's Tip

If using wooden skewers, soak them in cold water for 30 minutes before using. Drain well.

PRAWN AND QUINOA SALAD

PREP TIME: 15 MINS
COOK TIME: 15 MINS
SERVES 4 (AS A LIGHT MEAL)

180g (1 cup) quinoa
500ml (2 cups) boiling water
300g green prawns, peeled and deveined, tails left intact
2 oranges
3 Tbsp balsamic vinegar
Freshly ground black pepper
170g baby spinach leaves

1 Place the quinoa in a fine sieve and rinse under cold water until it runs clear. Bring water to the boil in a medium saucepan. Add quinoa and return to the boil. Reduce heat to medium-low and cook, covered, for 15 minutes, or until liquid is absorbed. Remove the pan from the heat.

2 Meanwhile, spray a chargrill pan with a little cooking spray. Preheat chargrill on medium-high. Thread the prawns onto 4 metal or bamboo skewers. Add to chargrill and cook for 4-6 minutes, turning once, or until cooked through.

3 Remove 1 tsp of zest from one of the oranges. Set aside. Using a small, sharp knife, cut the remaining peel and white pith from the 2 oranges. Holding an orange over an extra-large bowl to catch juices, cut segments from orange (set segments aside). Squeeze juice from membranes into bowl. Repeat with remaining orange. Stir the orange zest, vinegar and pepper into the orange juice.

4 Add the prawns, quinoa, orange segments, and spinach to the bowl. Toss gently. Serve. ■

NUTRITION INFO GF
PER SERVE 1030kJ, protein 16g, **total fat** 3g (sat. fat 0g), **carbs** 35g, **fibre** 6g, **sodium** 152mg
- **Carb exchanges** 2½
- **GI estimate** low
- **Gluten free**

ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

GFO LC

CRUNCHY RED CABBAGE SLAW

How our food works for you
see page 86

NUTRITION INFO **PER SERVE** 572kJ, **protein** 5g, **total fat** 11g (sat. fat 2g), **carbs** 4g, **fibre** 3g, **sodium** 102mg

- **Carb exchanges** ½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

Pile on the SIDES

Liven up an everyday main with an exemplary companion, such as these dishes full of flavour, colour and crunch

CRUNCHY RED CABBAGE SLAW

PREP TIME: 15 MINS
SERVES 4 (AS A SIDE)

½ small (300g) red cabbage, finely shredded
2 Tbsp sesame seeds
2 Tbsp pumpkin seeds
1 Tbsp olive oil
1 Tbsp red wine vinegar
2 tsp salt-reduced soy sauce or gluten-free soy sauce
1 tsp caster sugar

1 Put the red cabbage in a large bowl with the sesame and pumpkin seeds. Toss to combine.

GF

SPICY MANGO CITRUS SLAW

NUTRITION INFO
PER SERVE 361kJ, **protein** 3g, **total fat** 0g (sat. fat 0g), **carbs** 14g, **fibre** 5g, **sodium** 15mg
- **Carb exchanges** 1
- **GI estimate** low
- **Gluten free**

GFO

CREAMY COLESLAW

NUTRITION INFO
PER SERVE 373kJ, **protein** 2g, **total fat** 1g (sat. fat 0g), **carbs** 16g, **fibre** 5g, **sodium** 261mg
- **Carb exchanges** 1
- **GI estimate** low
- **Gluten-free option**

2 Whisk the oil, vinegar, soy sauce and sugar in a small bowl. Add to the salad and toss to combine. Serve immediately.

SPICY MANGO CITRUS SLAW

PREP TIME: 10 MINS
SERVES 4 (AS A SIDE)

½ daikon (Asian white radish), peeled, cut into matchsticks
½ small (300g) white cabbage, finely shredded
1 red capsicum, cut into matchsticks
1 mango, peeled, flesh removed, chopped
1 green chilli, deseeded if you like, sliced
½ small bunch coriander, leaves roughly chopped
Juice of 1 lime

1 Combine the daikon, cabbage, capsicum and mango in a large bowl. Add the chilli and coriander. Toss to combine.
2 Pour the lime juice over the salad and toss to coat. Serve.

CREAMY COLESLAW

PREP TIME: 20 MINS
SERVES 4 (AS A SIDE)

½ small (300g) white cabbage, finely shredded
2 carrots, grated
4 green shallots, diagonally sliced
2 Tbsp sultanas
3 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise
1 Tbsp wholegrain mustard or gluten-free mustard
Freshly ground black pepper

1 Put the cabbage, carrot, shallot and sultanas in a large bowl. Toss to combine.
2 Combine the mayonnaise and mustard in a small bowl. Season with pepper. Add the dressing to the salad. Toss to coat. ➤

GF LC

FOIL-WRAPPED BABY POTATOES

NUTRITION INFO
PER SERVE 490kJ, **protein** 2g, **total fat** 6g (sat. fat 1g), **carbs** 11g, **fibre** 2g, **sodium** 13mg
- **Carb exchanges** ½
- **GI estimate** high
- **Gluten free**
- **Lower carb**

GF LC

CHARRED GREEN SHALLOTS

NUTRITION INFO
PER SERVE 19kJ, **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 0g, **fibre** 0g, **sodium** 10mg
- **Carb exchanges** 0
- **GI estimate** n/a
- **Gluten free**
- **Lower carb**

GF LC

HERBY CORN OFF THE COBS

NUTRITION INFO
PER SERVE 418kJ, **protein** 4g, **total fat** 3g (sat. fat 1g), **carbs** 11g, **fibre** 5g, **sodium** 18mg
- **Carb exchanges** ½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

FOIL-WRAPPED BABY POTATOES

PREP TIME: 5 MINS
COOK TIME: 20 MINS
SERVES 6 (AS A SIDE)

750g baby Spud Lite potatoes
2 Tbsp olive oil
Freshly ground black pepper

1 **Preheat a barbecue plate** or grill on medium-high.
2 **Put the potatoes** in a large saucepan of cold water and bring to the boil. Once boiling, cook for 5 minutes or until slightly tender. Drain and set aside to steam dry for 2 minutes.
3 **Transfer potatoes** to a large sheet of foil. Coat potatoes in the olive oil and season with pepper. Make sure the potatoes are sitting flat against the foil so each one gets charred when grilled. Wrap in the foil like a parcel, then wrap again to ensure the potatoes are completely covered.
4 **Cook the potatoes** on the barbecue for 10 minutes. Check they are cooked by inserting a skewer into one of the potatoes. Carefully remove from the foil and serve.

CHARRED GREEN SHALLOTS

PREP TIME: 5 MINS
COOK TIME: 5 MINS
SERVES 6 (AS A SIDE)

2 bunches green shallots (about 20), washed, dried, ends trimmed

1 **Preheat a chargrill pan** or barbecue plate on medium-high.
2 **Add the shallots** to the chargrill pan or barbecue. Cook for 3-4 minutes, turning occasionally, until the shallots have softened and blackened slightly. Serve warm.

HERBY CORN OFF THE COBS

PREP TIME: 10 MINS
COOK TIME: 15 MINS
SERVES 6 (AS A SIDE)

20g margarine, melted
2 cloves garlic, crushed
3 corn cobs
½ bunch flat-leaf parsley, roughly chopped

1 **Melt the margarine** in a small saucepan over a low heat. Once melted, add the garlic and turn up the heat to high until the margarine starts bubbling and turning golden. Once melted, add the garlic and increase the heat to high. Cook, stirring, for 30-60 seconds or until the garlic is light golden brown. Remove pan from the heat and transfer to a small heatproof bowl.
2 **Heat a barbecue** or chargrill pan on medium-high. Add the corn cobs, and brush occasionally with the garlic margarine. Once charred and cooked, transfer to a board to cool slightly.
3 **Using a sharp knife,** cut downwards to remove the kernels from each cob. Put all the corn in a serving dish and toss with the parsley. Serve warm. ■

Cook's Tip

You could also bake these baby potatoes in the oven. They won't have the charred flavour they get when you barbecue them, but if you cook them on a baking tray without covering in foil, you'll get lovely crisp skins.

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA **ADDITIONAL INFORMATION** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

ICE POPS

ICE-BLOCK BASE RECIPE

3 cups chopped fruit
60ml (¼ cup) to 80ml (⅓ cup) water, as needed for blending
2 Tbsp honey (optional)
1 Tbsp fresh citrus juice
1 tsp citrus zest (optional)

Place all ingredients in a blender. Cover and blend until nearly smooth. Pour mixture into eight x 80ml (⅓ cup) ice-block moulds. Insert sticks in moulds. Freeze overnight.

HEALTH TIP

If adding honey, keep in mind this will add 6g of carbs (½ exchange) to each ice block. ■

Honeydew melon + Lime juice + Lime zest

NUTRITION INFO GF LC
PER SERVE 80kJ, **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 3g, **fibre** 1g, **sodium** 26mg
- **Carb exchanges** 0
- **GI estimate** n/a
- **Gluten free**
- **Lower carb**

Watermelon + Lime juice + Lime zest

NUTRITION INFO GF LC
PER SERVE 64kJ, **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 3g, **fibre** 0g, **sodium** 1mg
- **Carb exchanges** 0
- **GI estimate** n/a
- **Gluten free**
- **Lower carb**

ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Cool off with a sweet treat under 140 kilojoules. Follow our formula to make healthy desserts easy

NUTRITION INFO GF LC
PER SERVE 105kJ, **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 5g, **fibre** 1g, **sodium** 2mg
- **Carb exchanges** ½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

Peaches + Orange juice + Orange zest

How our food works for you
see page 86

NUTRITION INFO GF LC
PER SERVE 132kJ, **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 7g, **fibre** 1g, **sodium** 26mg
- **Carb exchanges** ½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

Blueberries + Lemon juice + Lemon zest

Cook's Tips

- For a smoother ice, blend or process fruit until nearly smooth as directed, then press through a fine-mesh sieve to remove seeds. Continue as directed.
- If using frozen fruit, thaw first and use all solids and juice.

FRUITY *fun* IN A CUP

Join in the summer celebrations with this simple trifle, which makes a star of yoghurt and fresh raspberries

SUMMER PUDDING TRIFLES

PREP TIME: 20 MINS
SERVES 4 (AS AN OCCASIONAL DESSERT)

2 x 125g punnets raspberries, plus 40 raspberries, to serve
2 tsp caster sugar or granulated sugar substitute
1 x 230g plain round sponge cake
2 x 125g tubs Siggi's 4% Fat Vanilla Yoghurt
Icing sugar, to serve

1 Put the 2 punnets of raspberries and the sugar in a bowl and use a fork to roughly mash.

2 Cut the sponge cake through the middle into three 1cm-thick round slices, trimming the sponge where necessary to get to 1cm thick. Use a 5-6cm round cutter to cut 4 rounds out of each slice (each round should weigh about 8g), finishing with 12 rounds. Keep rest of sponge for another use.

3 Layer up the trifles in small glasses (wide enough to fit the sponge cake in), starting with a round of sponge, then a little yoghurt and some mashed raspberries. Repeat layering with another piece of sponge, some of the yoghurt and the remaining mashed raspberries. Top with the final round of sponge. Spread over the remaining yoghurt and top with whole raspberries. Dust with icing sugar, to serve. ■

Or why not try...

Making a simple, super-healthy fruit salad of raspberries and sliced mango, sprinkled with fresh orange juice.

From juicy to tart, summer is prime time for tasty fruit

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

How our food works for you
see page 86

NUTRITION INFO

PER SERVE (with sugar) 796kJ, **protein** 9g, **total fat** 4g (sat. fat 2g), **carbs** 27g, **fibre** 5g, **sodium** 107mg • **Carb exchanges** 2 • **GI estimate** medium

PER SERVE (with sugar substitute) 766kJ, **protein** 9g, **total fat** 4g (sat. fat 2g), **carbs** 25g, **fibre** 5g, **sodium** 107mg • **Carb exchanges** 1½ • **GI estimate** medium

Add 'em up

Build your carb-counting toolbox with these picks

MB ACTIVE DIET SCALE
Precision is key in the kitchen. This scale also measures the nutritional information – calories, salt, fat, protein, carbs and more – of 950-plus foods.
($29, michellebridges.com.au)

4 INGREDIENTS: DIABETES COOKBOOK
Featuring more than 60 recipes, this cookbook will have you whipping up a storm that meets your needs in no time at all.
($20, diabetesshop.com)

LOW GI DIET SHOPPER'S GUIDE
The best advice to help you select the right carbs on your next food shop.
($15, diabetesshop.com)

THE TRAFFIC LIGHT GUIDE TO FOOD
Your pocket-sized handbook to help you track your carb intake on the go.
($15.95, diabetesshop.com)

HEALTHY SHOPPING GUIDE
Do you find food shopping overwhelming? This guide suggests food products and tips to become a smarter shopper.
($7.50, diabetesshop.com)

OXO 2-CUP ANGLED MEASURING CUP
Check the portion size of your liquids, up to 2 cups, when cooking and serving.
($17.95, kitchenwarehouse.com.au)

MEASURING SPOONS AND CUPS
Perfect your measurements right down to the teaspoon with these tools. ■
($10 for spoons, $15 for cups, wiltshire.com.au)

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** BEN DEARNLEY **STYLING** VANESSA AUSTIN

4 weeks to GREAT HEALTH

To help you feel your best this summer, we've created an exclusive, month-long eating plan to keep you full of energy

- Essential week-by-week meal planner
- Tasty recipes that work every time
- Satisfying, good-for-you snacks
- Advice for maintaining a balanced diet

YOUR summer ACTION PLAN

A month of healthy eating

When we created this summer action plan, we wanted it to be easy to follow and practical which is what a lot of us need after Christmas. After a month eating this way, you'll feel full of energy and you'll probably see some weight loss. Most people want to improve their health and often all they need to do is make simple changes to their diet.

This plan is well balanced, so none of the major food groups have been left out, giving your body a boost of nutritionally rich food from fresh fruit and veg, lean protein, healthy fats, dairy, wholegrains and fibre.

The focus is on low-GI (Glycaemic Index) eating, so you get enough of the right kind of carbs, balanced with lean sources of protein in every meal and snack. This helps to stabilise energy and blood glucose levels, keeping you feeling fuller for longer, and avoids the craving for mid-afternoon processed snacks.

Give your body a boost of nutritionally rich food from fresh fruit and veg, lean protein, healthy fats, dairy, wholegrains and fibre

The plan is packed with foods rich in vital vitamins – such as the B group and the mineral chromium, which can be beneficial in helping manage BGLs. It also includes essential fats, such as the omega-3 variety found in oily fish, seeds and nuts, which are great for heart health and reducing blood cholesterol levels.

Our weekly menu plan (page 78) includes seven portions of fruit and veg each day, lots of meat-free options, plenty of wholegrains, nuts and seeds, and at least two serves of fish each week.

Here's to summer!

SHOP LIKE A **NUTRITION EXPERT**

Where possible, opt for quality produce, preferably in season and as fresh as possible, to ensure that what you eat is at its peak nutritionally.

Lean proteins

Whether you're a meat eater or not, good sources of lean protein are essential. Opt for lean cuts such as pork fillet, skinless white chicken and turkey, as well as white and oily fish, beans, pulses, tofu, dairy and eggs.

Healthy oils

Olive oil is a great all-rounder for cooking. Extra virgin olive and avocado oils make excellent dressings and drizzles.

Fruit and veg

Aim for a minimum of 5 serves of veg and 2 serves of fruit each day, varying your selection. Pile your plate with different colours to ensure you

Know your weakness

THE TREATS TO WATCH OUT FOR:

Latte on the way to work

A medium latte (using whole milk) contains about 800kJ, while a small skim milk latte contains approximately 350kJ. Break the habit by opting for a herbal or green tea, or try a short black – only 25kJ.

Mid-afternoon slump

Move the biscuit barrel out of sight and put fruit where you can see it. Never eat bought snacks straight out of the packet – take out a single serving and stick to it. A Tim Tam is 387kJ while a Milk Arrowroot is 147kJ.

Relaxing tipple

Enjoy a glass of wine, but count your drinks and know the guidelines. And remember to always have a carb-containing snack or meal with your alcoholic drink to reduce your risk of a hypo.

The Australian Dietary Guidelines recommend both men and women to limit their alcohol intake to no more than two standard drinks on any given day, and aim to include at least two alcohol-free days each week. One standard drink is equal to 10g alcohol: 100ml wine, 285ml full strength beer (middy), 425ml light beer (schooner) or 30ml spirit.

get the mix of protective nutrients and antioxidants you need for good health and wellbeing. Frozen fruit and veg are equally good options and very convenient to keep on hand.

Good carbs

Ditch the white carbs and processed 'treats'. They may have appeal, but you'll get more energy from wholegrain pasta, brown rice, multigrain breads, rye and quinoa. So forget energy bars, which are typically full of refined sugars, and stick to clean, unprocessed, whole foods that satisfy your energy needs.

5 Golden RULES

1 MUNCH MINDFULLY

Be aware of what, where and how you eat. It's easy to eat excess kilojoules each day unconsciously through snacking and grazing, or picking at the kids' leftovers.

2 READ THE LABELS

Look out for hidden salt (sodium), added sugars and saturated fats.

3 BE ACTIVE

Combine our plan with at least 30-60 minutes of exercise each day to maximise results. Opt for walking, cycling, dancing or anything you enjoy that gets you feeling warmer and a little out of breath. If you're new to exercise, check in with your GP first before you get started.

4 DRINK UP

Staying hydrated will keep you alert and help to manage your appetite. Aim for 6-8 cups of fluid a day – even tea and coffee count, but it's best not to rely on them. Make water and herbal teas your first choice. If you're at a desk, keep a glass of water to hand.

5 SLEEP TIGHT

Lack of sleep disrupts appetite hormones and has been shown to contribute to making poor dietary choices, so plan a few early nights. ➤

Start the day well

Breakfast is key to satisfying sweet or savoury cravings and providing protein, fibre or one of your seven-a-day

YOUR *summer* ACTION PLAN

NUTRITION INFO GFO LC
PER SERVE 1060kJ, **protein** 16g, **total fat** 10g (sat. fat 2g), **carbs** 19g, **fibre** 10g, **sodium** 349mg
- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

SPICY MOROCCAN EGGS

PREP TIME: 10 MINS
COOK TIME: 25 MINS
SERVES 4 (AS A BREAKFAST)

2 tsp olive oil
1 large onion, halved, thinly sliced
3 cloves garlic, sliced
1 Tbsp harissa paste
1 tsp ground coriander
150ml salt-reduced vegetable stock or gluten-free vegetable stock
400g can no-added-salt chickpeas, undrained
2 x 400g cans no-added-salt diced tomatoes
2 zucchini, finely chopped
200g baby spinach leaves
4 Tbsp chopped coriander
4 x 60g eggs

1 **Heat the oil** in a large, deep non-stick frying pan over medium heat. Add the onion and garlic and cook, stirring occasionally, for 8 minutes, or until the onions are very soft. Add the harissa and ground coriander. Stir well. Pour in the stock and the chickpeas and their liquid. Cover and simmer for 5 minutes. Mash about one-third of the chickpeas to thicken the sauce a little.

2 **Add the tomatoes** and zucchini to the pan. Cook, uncovered, for 10 minutes or until the zucchini are tender. Stir in the spinach until it wilts.

3 **Stir in the chopped coriander.** Make 4 hollows in the tomato mixture and break in the eggs. Cover and cook for 2 minutes. Remove the pan from the heat and set aside for 2 minutes before serving.

FIG, NUT & SEED BREAD WITH RICOTTA & FRUIT

PREP TIME: 15 MINS
COOK TIME: 1 HOUR 15 MINS
MAKES 1 LOAF (16 SLICES, 1 SLICE PER SERVE: AS A BREAKFAST)

400ml hot strong black tea
100g dried figs, hard stalks removed, thinly sliced
140g sultanas
50g (½ cup) rolled oats
200g wholemeal self-raising flour
1 tsp baking powder
1 Tbsp linseeds
2 Tbsp pumpkin seeds
1½ Tbsp sesame seeds
150g unsalted mixed nuts (such as almonds, walnuts, Brazil nuts and hazelnuts)
1 x 60g egg, lightly whisked
25g reduced-fat ricotta, per person, to serve
1 orange or green apple, thickly sliced, per person, to serve

1 **Preheat oven** to 150°C (fan-forced). Line the base and sides of a non-stick 19 x 12 x 9cm deep loaf tin with baking paper, allowing the paper to overhang the sides. Pour the tea into a large bowl and stir in the fig, sultanas and oats. Set aside to soak.
2 **Meanwhile,** combine the flour, baking powder, linseeds, pumpkin seeds, 1 Tbsp of sesame seeds and 100g of the nuts in a bowl. Add the egg to the cooled fruit mixture and stir to combine. Add the dry ingredients to the wet ingredients and mix well to combine. Pour the mixture into the lined tin. Use a spoon to level the top. Scatter with the remaining nuts and sesame seeds.
3 **Bake the loaf** for 1 hour. Cover the top with foil and bake for a further 15 minutes or until a skewer inserted into the centre of the loaf comes out clean. Use the baking paper to remove bread from the tin and transfer to a wire rack to cool completely.
4 **Cut into slices,** spread with ricotta and serve with fruit. ➤

Cook's Tip

Keep loaf in an airtight container in the fridge for up to 1 month. Alternatively, wrap individual slices in plastic wrap and place in a resealable freezer bag. Expel any air. Label, date and freeze for up to 3 months. Simply remove slices as required.

How our food works for you

see page 86

NUTRITION INFO
PER SERVE 1150kJ, **protein** 8g, **total fat** 9g (sat. fat 2g), **carbs** 35g, **fibre** 8g, **sodium** 147mg
- **Carb exchanges** 2½
- **GI estimate** low

PORRIDGE *four ways*

CREAMY YOGHURT PORRIDGE

PREP: 1 MIN
COOK: 5 MINS
SERVES 1
(AS A BREAKFAST)

Tip 200ml water into a small non-stick saucepan. Stir in 3 Tbsp **rolled oats.** Cook, stirring, over low heat until the mixture thickens and oats are tender. (To make in a microwave, use a deep container to prevent spillage as the mix will rise up as it cooks. Cook for 3 minutes on High/100%). Stir in 150g 0% fat probiotic **plain yoghourt** (such as Jalna Fat Free Natural Yoghourt). Serve with one of the following toppings.

NUTRITION INFO LC

PER SERVE 717kJ, **protein** 11g, **total fat** 2g (sat. fat 0g), **carbs** 25g, **fibre** 2g, **sodium** 141mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

1 PEAR, WALNUT & CINNAMON TOPPING

Add 1 sliced ripe **pear** (skin on) and 4 **walnut** halves to the finished porridge. Sprinkle with a little ground **cinnamon.** Serves 1 (as a topping).

NUTRITION INFO

PER SERVE (topping only) 588kJ, **protein** 1g, **total fat** 3g (sat. fat 0g), **carbs** 18g, **fibre** 7g, **sodium** 2mg • **Carb exchanges** 1 • **GI estimate** low

2 BANANA, BLUEBERRY & ALMOND TOPPING

Stir 1 small chopped **banana** into the porridge. Top with ½ cup **blueberries** or thawed frozen **raspberries** and 1 Tbsp toasted **flaked almonds.** Serves 1 (as a topping).

NUTRITION INFO

PER SERVE (topping only) 806kJ, **protein** 4g, **total fat** 8g (sat. fat 0g), **carbs** 24g, **fibre** 4g, **sodium** 1mg • **Carb exchanges** 1½ • **GI estimate** low

3 APRICOT, GINGER & GRAPEFRUIT

Tip a 410g can **apricot** halves in juice into a bowl. Add 1 tsp finely grated **ginger.** Blitz half mixture to a puree with a hand held blender. Combine with remaining apricots, 2 **pink grapefruits,** segmented, with juice. Serves 4 (as a topping).

NUTRITION INFO

PER SERVE (topping only) 360kJ, **protein** 2g, **total fat** 0g (sat. fat 0g), **carbs** 15g, **fibre** 4g, **sodium** 9mg • **Carb exchanges** 1 • **GI estimate** low

4 APPLE & RAISIN COMPOTE WITH SEEDS

Poach 2 peeled and thickly sliced **apples** in a covered saucepan with 25g **raisins** and 150ml fresh **orange juice** for 8-10 minutes, or until tender. Mash a little **apple** to thicken. Serve warm on porridge with 1 Tbsp **sunflower seeds** per serve. Serves 2 (as a topping).

NUTRITION INFO

PER SERVE (topping only) 682kJ, **protein** 3g, **total fat** 2g (sat. fat 0g), **carbs** 31g, **fibre** 6g, **sodium** 6mg • **Carb exchanges** 2 • **GI estimate** low

Avocado, chicken and tomato on toast

AVOCADO, CHICKEN AND TOMATO ON TOAST

PREP TIME: 5 MINS
COOK TIME: 5 MINS
SERVES 2 (AS A BREAKFAST)

1 tsp olive oil
100g skinless chicken breast fillet, trimmed of fat, cut lengthways into thin pieces
3 small roma tomatoes, halved
2 slices wholegrain bread
1 tsp English mustard
1 small ripe avocado, peeled and halved
60g rocket leaves

1 Heat the oil in a large non-stick frying pan over medium heat. Add the chicken and tomato and cook for 2 minutes each side or until chicken is cooked through and tomato softens.
2 Meanwhile, toast the bread, spread with mustard and squash half an avocado on each slice. Top with the chicken, tomato and rocket. Serve.

NUTRITION INFO LC
PER SERVE 1440kJ, **protein** 23g, **total fat** 18g (sat. fat 4g), **carbs** 19g, **fibre** 7g, **sodium** 190mg
- **Carb exchanges** 1½
- **GI estimate** low • **Lower carb**

CHOOSE A SNACK

GOOD-FOR-YOU NIBBLES
Choose up to three of the below snacks to enjoy each day. Each of these snacks contains no more than 600kJ and up to 1½ carb exchanges. To make sure that you are meeting your daily nutrient requirements, aim to choose at least 1 fruit-containing (F) snack and 1 dairy-containing (D) snack each day.

- **20g reduced fat cheese,** such as Edam, with a small pear or an apple (F) (D)
- **20g unsalted nuts or seeds,** such as almonds, walnuts or pumpkin seeds
- **100g low-fat, Greek-style natural yoghurt** topped with ½ cup frozen berries (F) (D)
- **1 small apple,** sliced and spread with 1 tsp no-added-salt-and-sugar peanut butter (F)
- **2 Tbsp hummus** or tzatziki with veggie sticks
- **2-3 dried apricots** with a couple of Brazil nuts (F)
- **2 thin multigrain rice cakes** topped with ¼ small avocado and 2 tsp salsa
- **2 squares** (about 25g) of 70% cocoa chocolate
- **Serving of homemade popcorn** (25g) sprinkled with ground cinnamon or chilli
- **Rye bread** topped with 1 Tbsp reduced-fat cottage cheese and 3 slices of pear (F) (D)
- **175g tub diet yoghurt** topped with 1 sliced kiwifruit (F) (D)
- **1 Apricot & seed protein bite** *(see recipe, below)*

APRICOT & SEED PROTEIN BITES

Puree 140g **dried apricots** in a food processor with 150ml boiling water and 40g **rolled oats.** Scrape the mixture into a bowl. Toast 40g **desiccated coconut,** 25g **sunflower seeds** and 1 Tbsp **sesame seeds** in a medium non-stick frying pan over low heat. Stir the coconut mixture into the apricot mixture with 15g **dried cranberries,** 3 Tbsp **hemp protein powder** and 1 Tbsp **chia seeds** to make a thick paste. Roll into a long log on a sheet of plastic wrap. Wrap tightly, chill, then slice thinly to serve. Keep in the fridge for 2 weeks. Serves 14 (1 piece per serve). ➤

NUTRITION INFO LC
PER SERVE 333kJ, **protein** 3g, **total fat** 4g (sat. fat 2g), **carbs** 7g, **fibre** 3g, **sodium** 4mg
- **Carb exchanges** ½
- **GI estimate** low
- **Lower carb**

A proper lunch

Whether at home or work, make time to enjoy a decent meal. Add fruit and a healthy drink to stay hydrated

CHICKPEA PATTIES WITH CARROT & RAISIN SALAD

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVES 2 (AS A LIGHT MEAL)

420g can no-added-salt chickpeas, rinsed and drained
1 clove garlic, chopped
1 x 60g egg
1 Tbsp almond meal
2 tsp harissa paste (optional)
1 tsp ground cumin
3 Tbsp chopped flat-leaf parsley
1 tsp olive oil

Carrot & raisin salad

1 Tbsp raisins
1 small carrot, peeled into ribbons using a vegetable peeler
1 small zucchini, peeled into ribbons using a vegetable peeler
5 radishes, thinly sliced
35g mixed salad leaves
1 tsp extra virgin olive oil
2 tsp white wine vinegar

1 **Put the chickpeas,** garlic, egg, almond meal, harissa and ground cumin in a bowl and blitz with a hand blender until smooth. Stir in the parsley.

2 **To make the salad,** toss the raisins, carrot, zucchini, radish and salad leaves in a bowl. Add the oil and vinegar just before serving. If you are taking the salad to work, you can just replace the oil and vinegar with a wedge of lemon to squeeze over the salad before serving.

3 **Heat the oil** in a large non-stick frying pan over medium heat. Dollop in the mixture in 8 big spoonfuls. Cook for 5 minutes each side.

4 **Serve the chickpea patties** with the salad.

NUTRITION INFO GF

PER SERVE 1340kJ, **protein** 15g, **total fat** 14g (sat. fat 2g), **carbs** 28g, **fibre** 10g, **sodium** 286mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

NUTRITION INFO GF
PER SERVE 1480kJ, **protein** 18g, **total fat** 14g (sat. fat 4g), **carbs** 33g, **fibre** 11g, **sodium** 312mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

Cook's Tip
Keep in an airtight container in the fridge for up to 2 days.

QUINOA, PUMPKIN & BROCCOLI SALAD

PREP TIME: 10 MINS
COOK TIME: 15 MINS
SERVES 2 (AS A LIGHT MEAL)

2 tsp olive oil
1 red onion, halved, sliced
2 cloves garlic, sliced
175g chopped butternut pumpkin
140g broccoli, stalks sliced, top cut into small florets
3 Tbsp water
1 Tbsp thyme leaves
150g cooked quinoa
2 Tbsp chopped flat-leaf parsley
1 Tbsp dried cranberries, roughly chopped
1 Tbsp pumpkin seeds
1 Tbsp balsamic vinegar
50g reduced-fat feta, crumbled

1 **Heat the oil** in a wok over medium heat. Add the onion and garlic and cook, stirring occasionally, for 5 minutes or until the onion softens. Use a slotted spoon to remove the onion mixture from the wok. Add the pumpkin and cook, stirring often, for 2-3 minutes, or until the pumpkin starts to colour. Add the broccoli, water and thyme. Cover and cook for 5 minutes, or until the pumpkin is tender.
2 **Meanwhile,** tip quinoa into a bowl and fluff up with a fork. Add the parsley, chopped cranberries, pumpkin seeds, cooked onion and garlic, and balsamic vinegar. Mix well to combine.
3 **Add pumpkin mixture** and feta to the quinoa mixture and toss through to combine. Serve. ➤

Make it different

QUINOA, SALMON & BROCCOLI SALAD

Follow the recipe (left) but omit **pumpkin, feta** and **pumpkin seeds.** Reduce **quinoa** to 100g. Blanch the **broccoli** and then toss into the salad with a good handful of **baby spinach leaves** and 100g cooked and flaked **salmon.** Serves 2 (as a light meal).

NUTRITION INFO GF LC
PER SERVE 1490kJ, **protein** 22g, **total fat** 18g (sat. fat 3g), **carbs** 23g, **fibre** 9g, **sodium** 66mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

TURKEY TABBOULEH

PREP TIME: 15 MINS (+ 20 MINS STANDING)
COOK TIME: 10 MINS
SERVES 2 (AS A LIGHT MEAL)

45g (¼ cup) bulgur (cracked wheat)
2 Tbsp Chobani 0% fat Greek-style natural yoghurt
1 clove garlic, crushed
½ tsp smoked paprika
Juice of 1 lemon
175g skinless turkey breast, trimmed of fat, finely chopped
1 small red onion, finely chopped
2 tomatoes, chopped
1 Lebanese cucumber, finely chopped
2 Tbsp each chopped flat-leaf parsley and mint

1 **Place the bulgur** in a large heatproof bowl. Pour over enough boiling water to cover. Set aside for 20 minutes to soak. Drain in a sieve, pressing with the back of a spoon to remove excess moisture.
2 **Meanwhile,** preheat a grill on medium. Line a baking tray with foil. Combine the yoghurt, garlic, paprika and a squeeze of lemon juice in a bowl. Stir in the turkey. Arrange over the lined tray. Grill for 6-7 minutes or until the turkey is cooked through.
3 **Add the onion,** tomato, cucumber, parsley and mint to the bulgur. Stir well to combine. Stir in rest of lemon juice. Toss in the turkey. Serve.

NUTRITION INFO LC
PER SERVE 1250kJ, **protein** 34g, **total fat** 4g (sat. fat 1g), **carbs** 25g, **fibre** 9g, **sodium** 252mg
•**Carb exchanges** 1½
•**GI estimate** low •**Lower carb**

Cook's Tip
The salad will keep in the fridge for up to 2 days.

Make it different

TABBOULEH WITH TOFU

Follow the recipe (left), but omit the **turkey** and add 150g flavoured **tofu** pieces, fried first in a little **olive oil.** Serves 2 (as a light meal).

NUTRITION INFO
PER SERVE 1340kJ, **protein** 21g, **total fat** 11g (sat. fat 1g), **carbs** 28g, **fibre** 11g, **sodium** 480mg
•**Carb exchanges** 2
•**GI estimate** low

Spinach & tomato frittata

SPINACH & TOMATO FRITTATA

PREP TIME: 10 MINS
COOK TIME: 40 MINS
SERVES 4 (AS A LIGHT MEAL)

5 x 60g eggs
300g low-fat cottage cheese
1 clove garlic, finely chopped
225g frozen spinach, thawed, excess moisture squeezed, finely chopped
2 drained roasted red capsicum (in vinegar), torn into strips
Generous grating of fresh nutmeg or pinch ground nutmeg
1½ Tbsp finely grated parmesan
Freshly ground black pepper
100g cherry tomatoes
120g baby spinach leaves, to serve
Balsamic glaze, to serve

1 **Preheat oven** to 170°C (fan-forced). Spray a shallow 20cm cake tin with cooking spray. Line the base and side with baking paper.
2 **Whisk eggs** in a large bowl. Add cottage cheese, garlic, spinach, capsicum, nutmeg and half the parmesan. Season with pepper. Mix until well combined. Pour into tin. Top with tomatoes and sprinkle with rest of parmesan. Bake for 40 minutes or until set and light golden brown. Set aside in tin for 10 minutes to cool slightly.
3 **Turn frittata out** onto a serving plate. Cut into wedges and serve hot or cold with the spinach leaves, drizzled with a little balsamic glaze.

NUTRITION INFO GF LC
PER SERVE 994kJ, **protein** 23g, **total fat** 10g (sat. fat 4g), **carbs** 10g, **fibre** 5g, **sodium** 413mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

SANDWICH TOPPERS

Pile these fillings onto one thick (45g) slice of **wholegrain seeded bread** or **rye** to make an open sandwich, or wrap them up in a **wholegrain wrap** (we have used Freedom Foods Barley+ Whole Grain Barley Wraps).

PEAR & BLUE CHEESE WITH WALNUTS

Top bread or wrap with 25g **blue cheese,** 1 small sliced **pear,** a big handful **watercress** or **mixed salad leaves** and 2 chopped **walnut** halves. Serves 1 (as a light meal).

NUTRITION INFO
PER SERVE (on bread) 1240kJ, **protein** 12g, **total fat** 13g (sat. fat 6g), **carbs** 30g, **fibre** 6g, **sodium** 475mg • **Carb exchanges** 2 • **GI estimate** low
PER SERVE (on wrap) 1150kJ, **protein** 11g, **total fat** 11g (sat. fat 6g), **carbs** 28g, **fibre** 9g, **sodium** 464mg • **Carb exchanges** 2 • **GI estimate** low

PRAWN COCKTAIL

Stir 50g small peeled **prawns** with 1 Tbsp **97% fat-free mayonnaise** and a tiny squirt of **salt-reduced tomato sauce.** Pile onto the bread or into your wrap with some **baby cos leaves**, chopped **green shallot,** slices of **cucumber** and a sprinkling of **dill.** Season with **pepper**. Serves 1 (as a light meal).

NUTRITION INFO LC
PER SERVE (on bread) 860kJ, **protein** 17g, **total fat** 4g (sat. fat 0g), **carbs** 23g, **fibre** 4g, **sodium** 544mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**
PER SERVE (on wrap) 773kJ, **protein** 15g, **total fat** 2g (sat. fat 0g), **carbs** 21g, **fibre** 7g, **sodium** 534mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

HUMMUS & AVOCADO

Top bread or wrap with 2 Tbsp **hummus,** then add ⅓ small diced **avocado** with a squeeze of **lemon,** some chopped **red onion, coriander leaves** and 5 halved **cherry tomatoes.** Serves 1 (as a light meal). ➤

NUTRITION INFO LC
PER SERVE (on bread) 1290kJ, **protein** 9g, **total fat** 19g (sat. fat 3g), **carbs** 21g, **fibre** 7g, **sodium** 416mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**
PER SERVE (on wrap) 1200kJ, **protein** 8g, **total fat** 17g (sat. fat 3g), **carbs** 19g, **fibre** 10g, **sodium** 406mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

Your *main* meals

Don't rely on ready meals – fresh is best! Most of these dinners are quick to cook and can be frozen in portions to save you time

LAMB WITH BUCKWHEAT NOODLES & TOMATO DRESSING

PREP TIME: 15 MINS
COOK TIME: 15 MINS
SERVES 2 (AS A MAIN)

12 cherry tomatoes, quartered
½ tsp fish sauce
Zest and juice of 1 lime
2 tsp sweet chilli sauce
100g soba (buckwheat) noodles
2 tsp olive oil
1 red onion, halved, sliced
1 carrot, cut into matchsticks
1 red capsicum, sliced
100g shredded white cabbage
200g lean lamb backstrap, trimmed of fat, thinly sliced
4 Tbsp chopped mint

1 **Lightly squash** the tomato quarters with the fish sauce, lime zest and juice, and the sweet chilli sauce in a bowl. Cook the noodles following packet instructions.
2 **Meanwhile,** heat half the oil in a wok over medium-high heat. Add the onion, carrot and capsicum. Stir-fry for 2-3 minutes, or until the vegetables are almost tender crisp. Add the cabbage and cook for 2-3 minutes more, or until the vegetables soften. Transfer the vegetables to a plate.
3 **Heat the remaining oil** in the wok over high heat. Add the lamb and cook for 2 minutes, or until just cooked. Remove the wok from the heat and toss in the noodles, vegetables, tomato mixture and mint. Serve.

NUTRITION INFO

PER SERVE 2180kJ, **protein** 39g, **total fat** 13g (sat. fat 4g), **carbs** 54g, **fibre** 13g, **sodium** 758mg
- **Carb exchanges** 3½
- **GI estimate** low

NUTRITION INFO GFO
PER SERVE 2360kJ, **protein** 41g, **total fat** 21g (sat. fat 6g), **carbs** 47g, **fibre** 12g, **sodium** 220mg
- **Carb exchanges** 3
- **GI estimate** low
- **Gluten-free option**

HONEY MUSTARD GRILLED SALMON WITH PUY LENTILS

PREP TIME: 15 MINS
COOK TIME: 10 MINS
SERVES 2 (AS A MAIN)

Zest and juice of 1 lemon
2 tsp wholegrain mustard or gluten-free mustard
1 Tbsp honey
2 x 120g skinless salmon fillets
2 tsp olive oil
5 green shallots, chopped
175g cooked beetroot, finely chopped
100g puy (French-style) lentils, cooked following packet directions
4 Tbsp water
10 basil leaves
30g rocket leaves

1 **Preheat grill on high.** Line a baking tray with foil. Combine the lemon zest, juice, mustard and honey in a small bowl.
2 **Put the salmon** on the tray and brush with a little of the dressing. Place under grill and cook for 6-7 minutes, or until it flakes when tested with a fork.
3 **Meanwhile,** heat the oil in a wok over medium-high heat. Add green shallots and beetroot. Toss to combine. Add lentils and water. Cover pan and cook for 2 minutes to heat through. Transfer lentil mixture to bowl. Toss in remaining dressing, basil and rocket.
4 **Serve lentils** with salmon. ➤

Make it different

GRILLED MACKEREL WITH ORANGE & PUY LENTILS

Follow the recipe (left), but omit the **salmon** and replace with 4 **mackerel fillets**, adding 1 **segmented orange** to the rocket salad. Serves 2 (as a main).

NUTRITION INFO GFO
PER SERVE 2470kJ, **protein** 49g, **total fat** 17g (sat. fat 4g), **carbs** 53g, **fibre** 14g, **sodium** 268mg
- **Carb exchanges** 3½
- **GI estimate** low
- **Gluten-free option**

LEMON & MINT EGGPLANT TAGINE WITH ALMOND COUSCOUS

PREP TIME: 25 MINS
COOK TIME: 25 MINS
SERVES 4 (AS A MAIN)

1 Tbsp olive oil
1 large brown onion, chopped
3 cloves garlic, chopped
1 Tbsp harissa paste
1 tsp cumin seeds
½ tsp ground cinnamon
200ml salt-reduced vegetable stock
400g can no-added-salt chopped tomatoes
350g baby eggplants, trimmed, slit a couple of times
2 strips lemon zest, finely chopped
420g can butter beans, drained
175g wholemeal couscous
270ml boiling water
40g flaked almonds, toasted
Extra mint leaves, to serve (optional)

Minted yoghurt

150g 0% fat probiotic natural yoghurt (such as Jalna Fat Free Natural Yoghourt)
½ clove garlic, crushed
2 Tbsp chopped mint

1 **Heat the oil** in a large non-stick frying pan over medium heat. Add onion and garlic. Cook, stirring occasionally, for 5 minutes. Stir in harissa, cumin and cinnamon. Cook, stirring, for 1 minute.
2 **Stir the stock and chopped** tomatoes into the pan. Add the eggplant and lemon zest. Cover and simmer over medium-low heat, stirring once, for 15-20 minutes, or until the eggplant is very tender. Add the beans and toss to combine.
3 **Meanwhile,** put the couscous in a medium heatproof bowl. Pour over the boiling water. Stir. Cover and set aside for 6 minutes. Use a fork to fluff the grains. Stir in the almonds.
4 **To make the minted yoghurt,** combine all the ingredients in a small bowl.
5 **Serve the eggplant tagine** on the couscous with minted yoghurt drizzled over. Top with extra mint leaves, if you like.

NUTRITION INFO

PER SERVE 1680kJ, **protein** 18g, **total fat** 13g (sat. fat 2g), **carbs** 44g, **fibre** 17g, **sodium** 487mg • **Carb exchanges** 3 • **GI estimate** medium

Salsa spaghetti with sardines

SALSA SPAGHETTI WITH SARDINES

PREP TIME: 15 MINS
COOK TIME: 15 MINS
SERVES 2 (AS A MAIN)

100g wholemeal spaghetti or gluten-free pasta
2 large ripe tomatoes, finely chopped
1 red onion, very finely chopped
8 pitted Kalamata olives, quartered
½ tsp finely chopped red chilli
Zest and juice of ½ a lemon
½ cup small basil leaves
2 x 125g cans sardines in olive oil, drained, oil reserved
Freshly ground black pepper

1 **Cook the spaghetti** in a medium saucepan of boiling water, following packet directions, until al dente.
2 **Meanwhile,** combine tomato, onion, olives, chilli, lemon zest and basil in a bowl. Put sardines in a small non-stick frying pan and cook over medium heat for 2-3 minutes, or until heated through.
3 **Drain pasta,** returning it to pan. Add tomato mixture to pasta and toss to combine. Add the sardines and toss gently to combine. Season with lemon juice, pepper and a little oil from the can.

NUTRITION INFO GFO

PER SERVE 2126kJ, **protein** 36g, **total fat** 24g (sat. fat 6g), **carbs** 39g, **fibre** 11g, **sodium** 992mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

CHILLI BEEF WITH BLACK BEANS & AVOCADO SALAD

PREP TIME: 20 MINS
COOK TIME: 35 MINS
SERVES 6 (AS A MAIN)

1 Tbsp cumin seeds
1 Tbsp ground coriander
2 tsp (or to taste) ground chillies
2 Tbsp sweet paprika
500g extra lean beef mince
4 cloves garlic, sliced
400g can no-added-salt chopped tomatoes
1 salt-reduced beef stock cube or gluten-free stock cube
2 Tbsp tomato puree
3 capsicums, finely chopped
1 bunch coriander, stalks and leaves chopped and separated
2 x 420g cans no-added-salt black beans, undrained
250g packet brown rice, cooked following packet instructions, to serve

Avocado salad

1 small avocado, chopped
60g mixed salad leaves
1 small red onion, halved, thinly sliced
250g punnet cherry tomatoes, halved

1 Put the cumin, coriander, ground chillies and paprika in a large non-stick frying pan. Cook, stirring, over medium heat, until lightly toasted. Add the beef mince and garlic. Cook, stirring, for 2-3 minutes, or until the mince changes colour.
2 Add the chopped tomatoes and a can of water to the pan with the stock cube, tomato puree, capsicum and coriander stalks. Cover the pan and simmer for 15 minutes.
Stir in the black beans and their juice. Cook for a further 10 minutes, or until everything is tender.
3 Meanwhile, toss the salad ingredients together.
4 Stir the coriander leaves into the chilli and serve with the rice and salad. ➤

Make it different

BLACK BEAN CHILLI WITH AVOCADO SALAD

Follow the recipe (left), but omit the **beef,** and replace the **beef stock** with a salt-reduced **vegetable stock** or **gluten-free stock.** Serves 4 (as a main).

NUTRITION INFO GFO
PER SERVE 1170kJ, **protein** 13g, **total fat** 7g (sat. fat 1g), **carbs** 36g, **fibre** 12g, **sodium** 129mg
- **Carb exchanges** 2½
- **GI estimate** medium
- **Gluten-free option**

NUTRITION INFO GFO
PER SERVE 1630kJ, **protein** 32g, **total fat** 10g (sat. fat 3g), **carbs** 36g, **fibre** 12g, **sodium** 186mg
Carb exchanges 2½ **GI estimate** low **Gluten-free option**

VEGIE MOUSSAKA

PREP TIME: 20 MINS
COOK TIME: 1 HOUR
SERVES 6 (AS A MAIN)

140g dried green lentils
2 brown onions, halved, sliced
2 cloves garlic, chopped
2 bay leaves
1 tsp dried oregano
½ tsp ground cinnamon
½ tsp ground allspice
850ml water
400g can no-added-salt chopped tomatoes
1 salt-reduced vegetable stock cube or gluten-free stock cube
200g orange sweet potato, thinly sliced, into rounds
1 large eggplant, sliced into rounds, halved crossways
250g smooth light ricotta
60g egg
50g reduced-fat feta, crumbled
4 tomatoes, thickly sliced
Freshly ground black pepper

1 Preheat oven to 160°C (fan-forced). Put the lentils, onion, garlic, bay leaves, oregano, cinnamon and allspice in a large saucepan. Stir in the water. Cover and bring to the boil over high heat. Reduce heat to medium and simmer, covered, for 10 minutes.

2 Add canned tomatoes, stock cube, sweet potato and eggplant to the pan. Cover and simmer for a further 20-25 minutes or until the liquid has been absorbed. Remove and discard the bay leaves.

3 Meanwhile, combine the ricotta, egg and feta in a bowl.

4 Tip the lentil mixture into a large ovenproof dish. Cover with the cheese mixture. Arrange the tomato slices on top. Sprinkle with pepper and bake for 25 minutes or until the topping is set.

NUTRITION INFO GFO LC
PER SERVE 1100kJ, **protein** 17g, **total fat** 7g (sat. fat 3g), **carbs** 26g, **fibre** 10g, **sodium** 277mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

How to control your portions

CHOOSE A SMALLER PLATE
Downsizing your plate is an easy way to reduce your portions. Be sure to package away any leftover quantities immediately after serving your meal, to avoid temptation for a second helping.

DIVIDE THE PLATE INTO QUARTERS
Fill one quarter with protein, the second with healthy low-GI carbs and the remaining two with low-carb veg and/or salad.

HERE'S HOW A PORTION LOOKS
- **Protein:** (poultry, lean meat, eggs, fish, dairy, vegie alternatives such as tofu) the size of the palm of your hand. For cheese, the equivalent of two of your fingers.
- **Carbs:** (brown rice, pasta, wholegrain bread, sweet potato) the size of your clenched fist.
- **Fat:** (oil, dressings and spreads) the size of your thumbnail.

The key to avoiding having too much of a good thing is all in your hands

TURKEY MEATBALLS

PREP TIME: 25 MINS
COOK TIME: 40 MINS
SERVES 4 (AS A MAIN)

Sauce

1 Tbsp olive oil
1 brown onion, finely chopped
2 carrots, finely chopped
2 sticks celery, finely chopped
2 cloves garlic, thinly sliced
1 bulb fennel, halved and thinly sliced, fronds reserved
500g tomato passata
500ml (2 cups) salt-reduced chicken stock
2 Tbsp chopped flat-leaf parsley
400g broccoli, cut into florets, steamed, to serve

Meatballs

400g turkey breast mince
4 Tbsp rolled oats
1 tsp fennel seeds, crushed
1 clove garlic, crushed
Freshly ground black pepper

1 **Heat the oil** in a large non-stick frying pan over medium heat. Add onion, carrot, celery, garlic and fennel. Cover and cook, stirring occasionally, for 8 minutes. Add passata and stock. Cover and simmer for 20 minutes.
2 **Meanwhile,** to make meatballs, put the mince, oats, fennel seeds and reserved fronds, garlic and pepper in a large bowl. Mix until well combined. Lightly shape into 25 meatballs about the size of a walnut. Spray a large non-stick frying pan with oil and heat on medium. Add the meatballs and cook for 2-3 minutes, or until they take on a little colour.
3 **Stir the sauce** and add the meatballs and parsley. Cover and cook over medium-low heat for 10 minutes, or until they are cooked through and the vegetables in the sauce are tender. Serve with broccoli. ➤

NUTRITION INFO LC

PER SERVE 1420kJ, **protein** 29g, **total fat** 15g (sat. fat 3g), **carbs** 18g, **fibre** 10g, **sodium** 740mg
- **Carb exchanges** 1
- **GI estimate** low
- **Lower carb**

Make it different

LENTIL PASTA WITH FENNEL & PARMESAN

Follow recipe (left), but omit **meatballs** and use salt-reduced **vegetable stock.** Serve sauce tossed through 200g **lentil pasta** (cooked following packet instructions) and topped with 40g grated **parmesan.** Serves 4 (as a main).

NUTRITION INFO

PER SERVE 1450kJ, **protein** 19g, **total fat** 9g (sat. fat 3g), **carbs** 42g, **fibre** 9g, **sodium** 768mg
- **Carb exchanges** 3
- **GI estimate** low

Feelgood food for *friends*

Entertaining is still on the menu! Socialising needn't put you off your eating plan – as these recipes prove

FRENCH COUNTRY FISH & MUSSEL STEW

PREP TIME: 15 MINS
COOK TIME: 25 MINS
SERVES 4 (AS A MAIN)

1 tsp olive oil
2 lean rashers bacon, trimmed of fat, chopped
1L (4 cups) water
Generous pinch of saffron
1 large carrot, finely chopped
1 stick celery, finely chopped
2 leeks, well washed, thinly sliced
350g tomatoes, chopped
420g can cannellini beans, rinsed and drained
300g skinless white fish fillets, cut into chunks
300g local black mussels, scrubbed and beards removed
2 Tbsp chopped flat-leaf parsley

1 **Heat the oil** in a large non-stick saucepan with a lid over high heat. Add the bacon and cook, stirring, for 1 minute. Reduce heat to medium and add the water, saffron, carrot, celery and leek. Cover and cook for 10 minutes.

2 **Add tomato** and beans to the pan. Cook for 10 minutes more, until the vegetables are tender. The consistency will be quite brothy, so if you fancy a thicker texture, use a hand blender and puree a little soup in the pan to thicken it.

3 **Stir the fish** and mussels into the pan. Cover and cook for 5 minutes more, until the fish is just cooked and the mussels open. There will be too many shells, so take some of the mussels out of the shells before serving. Stir through the parsley, then ladle into soup bowls to serve.

NUTRITION INFO GF LC
PER SERVE 1300kJ, **protein** 39g, **total fat** 6g (sat. fat 2g), **carbs** 19g, **fibre** 10g, **sodium** 897mg
- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten free**
- **Lower carb**

YOUR *summer* ACTION PLAN

HERB ROAST PORK WITH VEGETABLE ROASTIES & APPLE GRAVY

PREP TIME: 35 MINS
COOK TIME: 1 HOUR 40 MINS
SERVES 6 (AS A MAIN)

1.25kg boneless pork leg roast
1 Tbsp wholegrain mustard or gluten-free mustard
2 Tbsp chopped flat-leaf parsley
1 tsp chopped sage
2 Tbsp chopped thyme, plus a few extra sprigs
Freshly ground black pepper
80g thinly sliced prosciutto
3 carrots, halved lengthways, then cut across
6 small (500g) Spud Lite potatoes, halved
2 red onions, cut into wedges
12 cloves garlic
1 small celeriac, peeled, cut into 12 wedges
2 cups steamed Savoy cabbage and 1 cup steamed peas, to serve

Gravy

2 Tbsp cornflour or gluten-free cornflour
600ml salt-reduced chicken stock or gluten-free chicken stock
1 small Granny Smith apple, finely chopped

1 **Preheat oven** to 160°C (fan-forced). Cut all the rind and fat off the pork and discard so you are left with a lean piece of meat. Spread meat with the mustard, scatter with the chopped herbs and season with pepper. Place the prosciutto slices on top of the pork to protect the meat where the fat has been removed.

2 **Spray a large roasting tin** with oil and put the pork in the centre. Surround with the carrot, potato, onion, garlic and celeriac. Scatter with extra sprigs of thyme. Spray again and cover with foil. Roast for 1 hour. Turn the oven up to 200°C (fan-forced). Uncover, spray again and roast for a further 20 minutes.

3 **Meanwhile,** make the gravy. Mix the cornflour with a little water to make a wet paste. Heat the stock in a small saucepan. Stir in the cornflour mixture and cook, stirring over a medium heat, until thickened. Add the apple and cook for 5 minutes, or until it's softened but still holds its shape.

4 **Remove the meat** from the tin and discard any juices from the tin. Spray the vegetables with oil and roast for a further 20 minutes more (while the meat rests) to brown them. Serve the pork with the roasted veg and the apple gravy. ➤

NUTRITION INFO GFO LC
PER SERVE 2190kJ, **protein** 48g, **total fat** 21g (sat. fat 7g), **carbs** 26g, **fibre** 16g, **sodium** 709mg
- **Carb exchanges** 1½
- **GI estimate** low
- **Gluten-free option**
- **Lower carb**

ITALIAN CHICKEN WITH CREAM CHEESE & SPINACH

PREP TIME: 20 MINS
(+ 15 MINS STANDING)
COOK TIME: 45 MINS
SERVES 4 (AS A MAIN)

1 large brown onion, halved, thinly sliced
85g light cream cheese
200g frozen spinach, thawed, excess moisture squeezed out, chopped
Generous grating of nutmeg or a pinch of ground nutmeg
Freshly ground black pepper
4 x 125g skinless chicken breasts, trimmed of fat
4 stems of cherry tomatoes on the vine (5-6 tomatoes per stem)
550g Spud Lite potatoes, unpeeled, thinly sliced
4 cloves garlic, sliced
8 pitted Kalamata olives, chopped
1 Tbsp olive oil

Salad

2 cups mixed salad leaves
1 Tbsp pumpkin seeds
1 Tbsp fresh lemon juice
1 tsp extra virgin olive oil

1 **Preheat oven** to 200°C (fan-forced). Line a large baking tray with baking paper. Put the onion in a heatproof bowl and pour over enough boiling water to cover. Set aside for 15 minutes to soften.
2 **Meanwhile,** combine the cream cheese, spinach and nutmeg in a bowl. Season with pepper. Spread over the chicken breasts. Top with the tomatoes.
3 **Drain the onion slices.** Toss with the potato, garlic, olives, oil and black pepper. Arrange the potato mixture on the baking paper in 4 piles spaced apart, then flatten. Bake for 25 minutes or until almost tender and starting to colour.
4 **Remove the tray** from the oven. Place 1 chicken breast on each pile of potato and bake for 15-20 minutes, or until the chicken and potato are tender and cooked all the way through and the tomatoes are roasted.
5 **To make the salad,** toss all ingredients together. Serve the chicken with the salad.

NUTRITION INFO GF LC
PER SERVE 1610kJ, **protein** 36g, **total fat** 17g (sat. fat 5g), **carbs** 17g, **fibre** 8g, **sodium** 286mg
- **Carb exchanges** 1
- **GI estimate** medium
- **Gluten free**
- **Lower carb**

SWEET POTATO SHEPHERD'S PIE

PREP TIME: 25 MINS
COOK TIME: 1 HOUR 20 MINS
SERVES 6 (AS A MAIN)

NUTRITION INFO GFO
PER SERVE 1660kJ, **protein** 30g, **total fat** 7g (sat. fat 2g), **carbs** 43g, **fibre** 14g, **sodium** 457mg
- **Carb exchanges** 3
- **GI estimate** low
- **Gluten-free option**

1 Tbsp olive oil
2 brown onions, finely chopped
2 cloves garlic, chopped
2 carrots, grated or finely chopped
2 Tbsp thyme leaves
400g extra-lean lamb or beef mince
85g dried red lentils
350g swede, finely chopped
2 Tbsp plain flour or gluten-free flour
750ml salt-reduced beef stock or gluten-free beef stock
200ml red wine
350g Spud Lite potatoes, finely chopped
650g orange sweet potato, finely chopped
150g Jalna Fat Free Natural Yoghourt
Generous grating of nutmeg or a pinch of ground nutmeg
Freshly ground black pepper
400g broccoli, cut into florets, steamed, to serve
150g frozen peas, cooked, to serve

1 Heat the oil in a large non-stick saucepan over medium heat. Add the onion and cook, stirring often, for 6 minutes, or until softened. Add the garlic, carrot and thyme. Cook, stirring once, for 4 minutes. Stir in the mince, breaking up with a spoon, until the mince changes colour.

2 Add the lentils, swede and flour to the pan. Cook, stirring, for 2 minutes. Gradually stir in the stock and wine. Cover and simmer over medium-low heat for 35-40 minutes, or until the vegetables are all tender.

3 Meanwhile, put the potatoes in a large saucepan and cover with plenty of cold water. Cover and bring to the boil over high heat. Reduce heat to medium and simmer, partially covered, for 15-20 minutes, or until tender. Drain and mash the potatoes with the yoghourt, nutmeg and pepper.

4 Preheat grill on medium-high. Spoon the meat mixture into a 2L (8 cup) ovenproof dish. Spread or pipe the potato mixture on top. Place under the grill and cook for 8-10 minutes, or until the top is browned. Serve with green vegetables. ➤

Cook's Tip
If making ahead, reheat the pie in an oven preheated to 160°C (fan-forced) for 45 minutes. You can freeze any leftover pie for up to 3 months.

28-day *healthy eating plan*

	WEEK 1	WEEK 2
MONDAY	BREAKFAST Creamy yoghurt porridge with apple & raisin compote with seeds, ***page 62*** LUNCH Prawn cocktail open sandwich, ***page 67*** DINNER Lemon & mint eggplant tagine with almond couscous, ***page 70***	BREAKFAST Creamy yoghurt porridge with pear, walnut & cinnamon, ***page 62*** LUNCH Tabbouleh with tofu, ***page 66*** DINNER French country fish & mussel stew, ***page 74***
TUESDAY	BREAKFAST Fig, nut & seed bread with ricotta & orange, ***page 61*** LUNCH Turkey tabbouleh, ***page 66*** DINNER Grilled mackerel with orange & Puy lentils, ***page 69***	BREAKFAST Fig, nut & seed bread with ricotta & green apple, ***page 61*** LUNCH Chickpea patties with carrot & raisin salad, ***page 64*** DINNER Chilli beef with black beans & avocado salad, ***page 71***
WEDNESDAY	BREAKFAST Creamy yoghurt porridge with pear, walnut & cinnamon, ***page 62*** LUNCH Chickpea patties with carrot & raisin salad, ***page 64*** DINNER Lamb with buckwheat noodles & tomato dressing, ***page 68***	BREAKFAST Creamy yoghurt porridge with apricot, ginger & grapefruit, ***page 62*** LUNCH Prawn cocktail wrap, ***page 67*** DINNER Vegie moussaka, ***page 72***
THURSDAY	BREAKFAST Creamy yoghurt porridge with apple & raisin compote with seeds, ***page 62*** LUNCH Spinach & tomato frittata, ***page 67*** DINNER Salsa spaghetti with sardines, ***page 70***	BREAKFAST Creamy yoghurt porridge with banana, blueberry & almond, ***page 62*** LUNCH Hummus & avocado open sandwich, ***page 67*** DINNER Turkey meatballs, ***page 73***
FRIDAY	BREAKFAST Creamy yoghurt porridge with banana, blueberry & almond, ***page 62*** LUNCH Hummus and avocado wrap, ***page 67*** DINNER Vegie moussaka, ***page 72***	BREAKFAST Avocado, chicken and tomato on toast, ***page 63*** LUNCH Spinach & tomato frittata, ***page 67*** DINNER Honey mustard grilled salmon with Puy lentils, ***page 69***
SATURDAY	BREAKFAST Avocado, chicken and tomato on toast, ***page 63*** LUNCH Quinoa, pumpkin & broccoli salad, ***page 65*** DINNER Sweet potato shepherd's pie, ***page 77***	BREAKFAST Creamy yoghurt porridge with apple & raisin compote with seeds, ***page 62*** LUNCH Pear & blue cheese with walnuts open sandwich, ***page 67*** DINNER Italian chicken with cream cheese & spinach, ***page 76***
SUNDAY	BREAKFAST Spicy Moroccan eggs, ***page 60*** LUNCH Pear & blue cheese with walnuts open sandwich, ***page 67*** DINNER Herb roast pork with vegetable roasties & apple gravy, ***page 75***	BREAKFAST Spicy Moroccan eggs, ***page 60*** LUNCH Quinoa, salmon & broccoli salad, ***page 65*** DINNER Lamb with buckwheat noodles & tomato dressing, ***page 68***

to help you form better eating habits you can stick to

WEEK 3	WEEK 4
BREAKFAST Creamy yoghurt porridge with pear, walnut & cinnamon, ***page 62*** LUNCH Chickpea patties with carrot & raisin salad, ***page 64*** DINNER Lemon & mint eggplant tagine with almond couscous, ***page 70***	BREAKFAST Creamy yoghurt porridge with apple & raisin compote with seeds, ***page 62*** LUNCH Tabbouleh with tofu, ***page 66*** DINNER Grilled mackerel with orange & Puy lentils, ***page 69***
BREAKFAST Fig, nut & seed bread with ricotta & green apple, ***page 61*** LUNCH Turkey tabbouleh, ***page 66*** DINNER Vegie moussaka, ***page 72***	BREAKFAST Fig, nut & seed bread with ricotta & orange, ***page 61*** LUNCH Spinach & tomato frittata, ***page 67*** DINNER Lemon & mint eggplant tagine with almond couscous, ***page 70***
BREAKFAST Creamy yoghurt porridge with banana, blueberry & almond, ***page 62*** LUNCH Hummus & avocado wrap, ***page 67*** DINNER Sweet potato shepherd's pie, ***page 77***	BREAKFAST Creamy yoghurt porridge with banana, blueberry & almond, ***page 62*** LUNCH Hummus & avocado open sandwich, ***page 67*** DINNER Lamb with buckwheat noodles & tomato dressing, ***page 68***
BREAKFAST Avocado, chicken and tomato on toast, ***page 63*** LUNCH Quinoa, salmon & broccoli salad, ***page 65*** DINNER Lentil pasta with fennel & Parmesan, ***page 73***	BREAKFAST Avocado, chicken and tomato on toast, ***page 63*** LUNCH Spinach & tomato frittata, ***page 67*** DINNER Turkey meatballs, ***page 73***
BREAKFAST Creamy yoghurt porridge with pear, walnut & cinnamon, ***page 62*** LUNCH Spinach & tomato frittata, ***page 67*** DINNER Black bean chilli with avocado salad, ***page 71***	BREAKFAST Creamy yoghurt porridge with apple & raisin compote with seeds, ***page 62*** LUNCH Chickpea patties with carrot & raisin salad, ***page 64*** DINNER Italian chicken with cream cheese & spinach, ***page 76***
BREAKFAST Fig, nut & seed bread with ricotta & orange, ***page 61*** LUNCH Chickpea patties with carrot & raisin salad, ***page 64*** DINNER Salsa spaghetti with sardines, ***page 70***	BREAKFAST Spicy Moroccan eggs, ***page 60*** LUNCH Pear & blue cheese with walnuts open sandwich, ***page 67*** DINNER French country fish & mussel stew, ***page 74***
BREAKFAST Creamy yoghurt porridge with apricot, ginger & grapefruit, ***page 62*** LUNCH Prawn cocktail wrap, ***page 67*** DINNER Herb roast pork with vegetable roasties & apple gravy, ***page 75***	BREAKFAST Fig, nut & seed bread with ricotta & green apple, ***page 61*** LUNCH Prawn cocktail open sandwich, ***page 67*** DINNER Sweet potato shepherd's pie, ***page 77*** ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA **ADDITIONAL INFORMATION** ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

INDIVIDUAL

ICE *treats*

Looking to cool down with something sweet? Be sure to keep your freezer stocked with some of these healthier options

For a deliciously refreshing snack or dessert, we recommend choosing an ice cream, ice block or frozen yoghurt that has:

- **Less than 600kJ per 100g**
- **No more than 3g fat per 100g**
- **A maximum of 1 carbohydrate exchange per serve (15g carbs)** ■

THE NO-NASTIES ICICLE PROJECT

- **Sugar Free-zies**

Available in Woolworths and selected independents, $6.50 (pack of 15).

SMOOZE

- **Coconut & Pineapple**
- **Coconut & Pink Guava**
- **Coconut & Mango**

Available in Woolworths and Harris Farm Markets, $6.50 (pack of 8).

FROSTY FRUITS

- **Watermelon Slice**
- **Summer Sunset**

Available in all major supermarkets and independents, $6.99 (pack of 8).

BILLABONG

- **Rainbow**
- **Chocolate**

Available in Woolworths, $4 (pack of 8).

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PADDLE POP

- **Chocolate**
- **Caramel Choc**
- **Banana**

Available from Coles, Woolworths and independents, $4.99 (pack of 6).

SKINNY COW

- **No Added Sugar Vanilla Caramel Sundae and Double Chocolate Sundae**

Variety pack is available in all major supermarkets and independents, $6 (pack of 4).

PROUD & PUNCH

- **Berry Passionate**
- **Paging Dr Green**
- **Orange You Glad**

Variety pack and individual flavour packs are available in all major supermarkets and independents, $7.99 (mini pack of 8 or pack of 6).

TWISTED

- **Lite Ice Cream + Probiotic Power – Salted Caramel & Vanilla, and Chocolate & Vanilla**
- **Frozen Yoghurt + Probiotic Power – Juicy Queensland Mango, and Strawberry & Coconut**

Variety packs available in Coles, $9.50 (pack of 4).

LIFESAVERS

Available in major supermarkets and independents, $6.99 (pack of 8).

BULLA

- **Ice Tea (pack of 10)**
- **Frozen Yoghurt – Strawberry, Mango and Wildberry (pack of 8)**
- **Mini Frozen Yoghurt – Assorted Flavours (pack of 14)**

Available in Coles, Woolworths and IGA, $6.90 (pack sizes, above).

ICY POLE

- **Lemonade and Raspberry**

Variety pack is available in independents, and Lemonade pack is available in all major supermarkets, $4.99 (pack of 8).

CALIPPO MINIS

- **Raspberry Pineapple**

Available in Coles, Woolworths and independents, $6.99 (pack of 10).

SPLICE

- **Pine-Lime**

Available in Coles, Woolworths and independents, $6.99 (pack of 8).

Come to the table

From salads and stonefruit to spirits, summer is the ideal time to indulge in fresh zesty flavours, writes food editor *Alison Roberts*

KITCHEN TIP

Non-alcoholic DISTILLATION

Brunswick Aces **is Australia's first non-alcoholic spirit ($50), originating from Brunswick in Melbourne. Made with native Australian botanicals, Brunswick Aces is available in two distinct blends, Spades and Hearts. Spades has aromas of cardamom and lemon myrtle – perfect when paired with tonic. Hearts has the distinct flavours of star anise and clove with wattleseed. Pair with yuzu or coconut water. For more information, visit brunswickaces.com.**

> **A recipe has no soul. You, as the cook, must bring soul to the recipe.**
>
> – Thomas Keller

Salad days

Blistering summer days call for easy meals requiring little to no cooking! Keep your fridge and pantry stocked with basic salad essentials to take the heat off this summer.

1 Vegetables Keep a variety of your favourites on hand, such as snow peas, rocket, cucumber, cherry tomatoes and kale slaw mix.

2 Protein Have your cupboard stocked with a selection of canned salmon and tuna (in spring water or oil – remember to drain the oil), canned beans and lentils (preferably with no added salt). You can also pre-cook hard-boiled eggs or poach chicken and store in the fridge (they will keep for 2-3 days).

3 Carbs Pre-cooked rice and quinoa or diced baby Spud Lite potatoes will be ready in minutes in the microwave and can be tossed into your salad warm or cold. Or serve with wholegrain bread. *Note: If you choose to use beans or lentils as your protein, then remember these also contribute carbohydrate. Remember to always choose portions to best manage your BGLs.*

4 Dressing Squirt your salad with your favourite vinegar or citrus juice and a tiny drizzle of extra virgin olive oil.

60 SECOND

LUNCH

Spread 1 **Freedom Foods Barley+ Whole Grain Barley Wrap** with ½ small mashed **avo** and season with **pepper** and a pinch of **smoked paprika**. Top with a handful of **baby spinach leaves** and ¼ cup **low-fat cottage cheese**. Serves 1.

PER SERVE 1120kJ, LC **protein** 14g, **total fat** 14g (sat. fat 4g), **carbs** 17g, **fibre** 8g, **sodium** 303mg
• **Carb exchanges** 1
• **GI estimate** low
• **Lower carb**

QUICK BREKKIE IDEAS

COCONUT AND BERRY BIRCHER

Mix 45g (½ cup) **rolled oats** with 130g (½ cup) **low-fat Greek-style natural yoghurt**, 125ml (½ cup) **So Good unsweetened almond coconut milk** and 2 tsp **honey** in a container. Cover and put in the fridge overnight to soak. Serve each portion topped with 1 cup **mixed berries**. Serves 2.

PER SERVE 1090kJ, **protein** 9g, **total fat** 8g (sat. fat 5g), **carbs** 33g, **fibre** 8g, **sodium** 86mg • **Carb exchanges** 2 • **GI estimate** low

RICOTTA AND PEACH TOAST

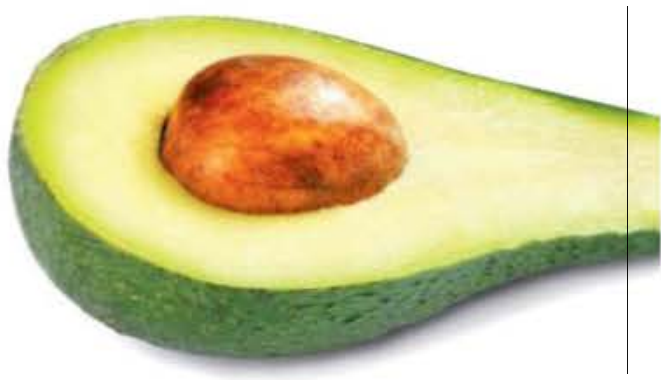
Spread 2 slices **wholemeal sourdough toast** with 4 Tbsp light smooth **ricotta**. Top with 1 large sliced **peach** or **nectarine**, a few **mint leaves**, 2 tsp **pumpkin seeds**, 2 tsp **slivered almonds** and a drizzle of **honey**. Serves 1.

PER SERVE 1120kJ, **protein** 14g, **total fat** 10g (sat. fat 4g), **carbs** 28g, **fibre** 4g, **sodium** 336mg
• **Carb exchanges** 2
• **GI estimate** low

VEGETARIAN FULL BREAKFAST

Serve ½ small **avocado** with 2 ripe **tomatoes,** halved (you can grill if you like), handful **baby spinach leaves** and ½ cup **reduced-fat cottage cheese**. Sprinkle with **pepper** and serve with a small milky coffee. Serves 1. ■

PER SERVE 1750kJ, GF LC **protein** 29g, **total fat** 21g (sat. fat 5g), **carbs** 24g, **fibre** 7g, **sodium** 380mg
• **Carb exchanges** 1½ • **GI estimate** low
• **Gluten free** • **Lower carb**



SUPERMARKET CRUSH

Drink up

Looking for a healthier alternative to sugary and acidic drinks? Try out the latest functional drink, **Swirlit**. Not just a great taste, it also contains several ingredients to promote oral health. Swirlit is sugar free and has been specially designed by a dentist to reduce the risk of dental decay and to promote healthy gums. Plus, it contains prebiotics, which are great for gut health, too! Available from selected cafes, IGAs and BP petrol stations for $4.95 each.

DL loves

WORDS ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** GETTY IMAGES
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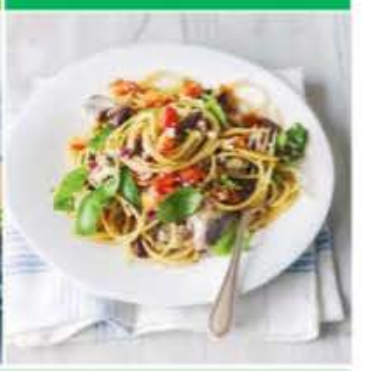
Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

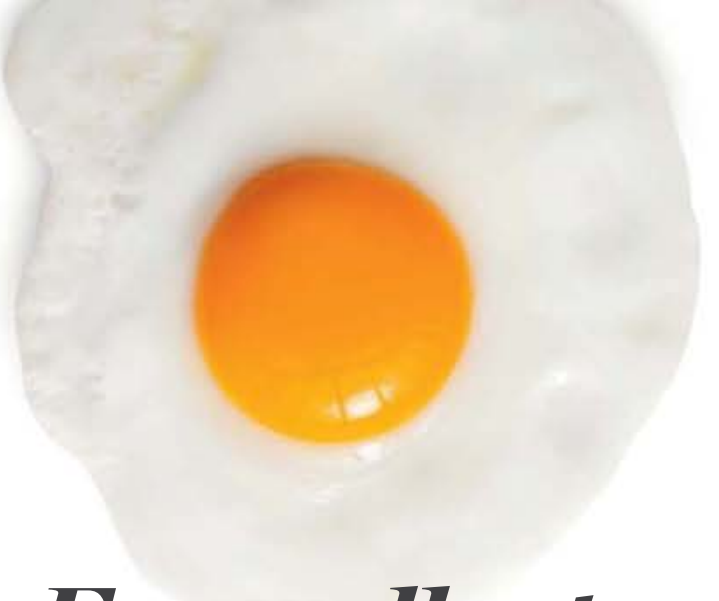
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H_2O	Start each day with a glass of water. You should have 6-10 glasses a day			
Breakfast	Vegetarian full breakfast (page 83)	Coconut and berry bircher (page 83)	1 slice rye sourdough topped with ½ small avo, 1 poached egg & a handful rocket	Ricotta and peach toast (page 83)
Optional snack	1 cup fresh fruit salad	1 slice soy & linseed bread with 1 Tbsp natural peanut butter	A piece of fresh fruit	Freedom Foods Barley+ Bar
Lunch	Prawn and quinoa salad (page 47)	Make work lunches simple but nutritious, by throwing together a delicious wholegrain wrap or sandwich with: ● **A carb:** 2 slices of rye sourdough or multigrain bread OR 1 wholegrain wrap ● **Plenty of veg:** Add at least 1 cup of vegetables (if not more) – rocket, baby spinach, red onion, tomato, grated carrot, sliced cucumber, beetroot, etc...		
Optional snack	Ice pop (page 52) & a 175g tub diet yoghurt	A piece of fresh fruit	175g tub diet yoghurt	1 cup fresh berries
Dinner	Lamb with buckwheat noodles & tomato dressing (page 66) ***Pictured above***	Italian-style beef and broccolini spaghetti (page 33) ***Pictured above***	Vegetarian cauliflower fried rice (page 33) ***Pictured above***	Chicken and pickle slaw (page 34) ***Pictured above***
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	½ cup low-fat custard & ½ banana, sliced	150g tub Fruche	2 fresh dates & a herbal tea	¼ cup low-fat custard & ½ small mango
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

WORDS SHANNON LAVERY (DIETITIAN) **PHOTOGRAPHY** GETTY IMAGES, ISTOCK

it's easy!

THURSDAY	FRIDAY	SATURDAY
		
depending on your exercise levels.		
Creamy yoghurt porridge with apricot, ginger & grapefruit (page 62)	1 slice rye sourdough topped with 3 Tbsp reduced-fat ricotta & sliced banana	Fig, nut & seed bread with ricotta & fruit (page 61)
30g unsalted mixed nuts	1 cup vegie sticks with ⅓ cup tzatziki	Small skim cappuccino
● **Lean protein:** Choose either 1-2 hard boiled eggs, a 95g tin of tuna or salmon, 40g reduced-fat cheese, ½ cup ricotta or cottage cheese, 50g sliced skinless grilled chicken or turkey breast ● **Good fat:** spread bread/wrap with hummus, tahini or avocado		Bacon, potato and kale frittata (page 45)
1 cup fresh fruit salad	Nice & Natural Supergrains Muesli Bar	Ice pop (page 53) & 20g unsalted walnuts
Lemon pepper fish with smashed potatoes (page 34) ***Pictured above***	Tofu and mushroom vegie burger (page 32) ***Pictured above***	Salsa spaghetti with sardines (page 70) ***Pictured above***
have a couple of alcohol-free days a week.		
Bulla Mini Frozen Yoghurt	1 fresh peach sliced with 1 scoop low-fat vanilla ice cream	¾ cup warm berries with 100g diet vanilla yoghurt
Always discuss your exercise plans with your doctor first.		

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.



Eggscellent eggs

Eggs are an essential household kitchen staple. They often form the basics of a recipe and can be made into a quick and convenient breakfast, lunch, dinner or snack food. But more importantly, eggs contain a wealth of nutrients and health benefits, providing high-quality protein containing all essential amino acids, 11 vitamins and minerals, omega 3 fatty acids and antioxidants.

The Heart Foundation recently released updated nutrition guidelines advising eggs are a nutritious food that can be eaten daily as part of a heart-healthy balanced diet; but specifically advises a limit of up to 7 eggs per week for people living with type 2 diabetes.

7 ways to enjoy your eggs:

1 **Simply boil, poach or scramble.**
2 **As an omelette with your favourite flavours.**
3 **Bake into a frittata or quiche with a mix of vegetables – check out our Bacon, potato & kale frittata on page 45.**
4 **Mix into corn or zucchini fritters.**
5 **Add to salads.**
6 **Stir into hot pasta or rice dishes.**
7 **As ingredients in pancakes, waffles, French toast and muffins.** ■

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

TOFU AND MUSHROOM VEGIE BURGER
see recipe, page 32>>

NUTRITION INFO LC
PER SERVE 1130kJ, **protein** 19g, **total fat** 7g (sat. fat 1g), **carbs** 26g, **fibre** 8g, **sodium** 394mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day).

When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names
We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute
Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*	To lose weight*
Kilojoules 8700kJ	**Kilojoules** 6000kJ
Protein 80g	**Protein** 65g
Total fat 70g	**Total fat** 45g
Saturated fat 24g	**Saturated fat** 15g
Carbs 270g	**Carbs** 180g
Fibre 30g	**Fibre** 30g
Sodium Less than 2000mg	**Sodium** Less than 2000mg

** These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.*

CUT OUT & KEEP

PHOTOGRAPHY BEN DEARNLEY **STYLING** VANESSA AUSTIN
FOOD PREPARATION SARAH MAYOH

living well

MOTIVATION ✦ EXPERT ADVICE ✦ INSPIRATION

When the heart is at ease, the body is healthy

– Chinese proverb

PHOTOGRAPHY GETTY IMAGES

Fun in the SUN

YOUR GUIDE TO **SUMMER SAFETY**

It's the season of barbecues, picnics, holidays and pool parties. Don't miss a beat (or the beach!) with these healthy strategies

Summer can be kind to diabetes management. "You're eating lighter, fruits and vegetables are fresher, and you're naturally more active, so blood [glucose] tends to improve," says Tiffany Soper, a certified diabetes educator. But here's the rub: the heat may affect people with diabetes more than those who don't have it. Diabetes complications such as nerve damage can impair sweat glands' ability to sweat and keep you cool, high BGLs and certain medications can make dehydration more likely, and the heat may affect insulin needs. But that doesn't have to stop you having a summer filled with activities you enjoy.

TRAVEL SMART

Whether you're going to a local beach or flying to Bali, your diabetes meds and supplies need a little extra TLC.

KEEP YOUR GEAR COOL

Extreme temperatures are one of the worst threats to equipment such as monitors, insulin pumps and test strips. Insulin and other diabetes medications can degrade when in extreme heat, says Grenye O'Malley, an assistant professor of medicine, endocrinology, diabetes and bone disease. Don't store meds or supplies in your car, and keep them out of the direct sun. Stash meds in an esky; wrap insulin in a towel first so it stays cool but doesn't directly touch ice or gel packs. And don't forget to take the esky with you when you leave the car!

CARRY ON YOUR SUPPLIES

Ensure you check the security regulations of your chosen airline well in advance. Label all diabetes supplies, equipment and medications with your name, and bring them on board with you after they've been screened via X-ray or by hand. It's smart to keep your supplies, scripts and National Diabetes Services Scheme (NDSS) card in your carry on baggage, in case your checked luggage gets lost. Tell the security officer what supplies you have and separate them from your other belongings for easier screening. For more information, visit diabetesaustralia.com.au/travel.

PACK MORE THAN YOU NEED

It's advisable to bring an extra week's worth of medications and blood glucose testing supplies with you on vacation in case of travel delays or luggage mishaps. ➤

PROTECT YOUR SKIN

Everyone needs to follow good sun-protection habits. "The inflammation from sunburn causes pain and stress, which can increase blood [glucose]," says Professor O'Malley. If you have neuropathy, you may not feel the effects of the sun until it's too late. The No.1 rule of sun protection? Apply a broad-spectrum sunscreen every two hours to exposed skin when you're out in the sun. SunSmart Australia recommends using a sunscreen labelled SPF 30 or higher, which is also water-resistant and broad-spectrum (filtering both types of UV radiation). If you use insulin, keep skin cool at your injection site.

"Skin that's warm absorbs insulin faster," says Professor O'Malley. Heat increases blood flow to skin, so injected insulin gets into your circulation faster, rapidly driving glucose into cells. The result: you may have an unexpected low. If you've been in the sun and your skin is red and hot, inject into an area that hasn't been exposed.

How to stay cool and safe

STICK WITH SHADES

Buy sunglasses that are category 2 or higher, as they block more than 95 per cent of UV radiation. SunSmart reports sunglasses that carry an Eye Protection Factor (EPF) rating of 9 or 10 provide the most protection and block most UV radiation.

REMEMBER THE THREE L WORDS

Keep clothing loose, lightweight and light-coloured to help avoid overheating.

PROTECT YOUR FEET

Flip-flops are easy to slip on, but leave feet open to cuts and scrapes that create problems down the road. Wear supportive, enclosed footwear.

DRINK UP

Drinking plenty of fluids keeps your BGLs in check. "If your blood glucose is high, you're urinating more… and then can become dehydrated," says Tiffany Soper. Stop the spiral before it starts by sipping from a water bottle throughout the day. (Remember, sports drinks are often packed with as much sugar as soft drink, so they're not the best choice.) You'll know you're on track if your pee is pale yellow, says Erin Palinski-Wade, dietitian, certified diabetes educator and author of *2 Day Diabetes Diet*.

AVOID A STOMACH BUG

COOK IT THROUGH

Colour isn't always the most reliable test to determine whether food is cooked, says Sharon McDonald, a dietitian and senior extension educator and food safety specialist. So look to use an instant-read thermometer whenever you're cooking meat. Other thermometers require at least one third of the stem to be in the food, however an instant-read thermometer's sensing area is at the tip, making it the best tool to test thinner foods such as hamburgers, adds McDonald. Cook burgers to at least 71°C, chicken to 75°C and steaks to 65°C. Make sure eggs have yolks and whites that are firm, and check that any dishes containing dairy are made using pasteurised ingredients (most store-bought dairy products are pasteurised).

MIND YOUR LEFTOVERS

Perishable foods such as salads, cheeses, meats and dips should sit at room temperature for no longer than two hours (or one hour on days hotter than 32°C). Why? Because foods that sit out for any longer may enter the 'danger zone' of 5°C to 60°C, the window in which bacteria thrives. Throw away any foods that sit out longer than the safe window: while reheating leftovers to at least 74°C will kill any bacteria, it won't remove the by-products the bacteria create that can also make you sick.

DON'T WAIT TO EAT

A good rule of thumb to stay safe: eat hot foods while they are still hot and cold foods while they are still cold. "The longer something sits at an unsafe temperature, the quicker bacteria in that food grow," says Palinski-Wade. If there's any question about when food was put out, politely take a pass.

Eat WELL

Picnics, barbecues and backyard get-togethers all have one thing in common: a yummy spread of food. These dietitian-approved tips can help you enjoy the eats at any party.

DIVIDE YOUR PLATE

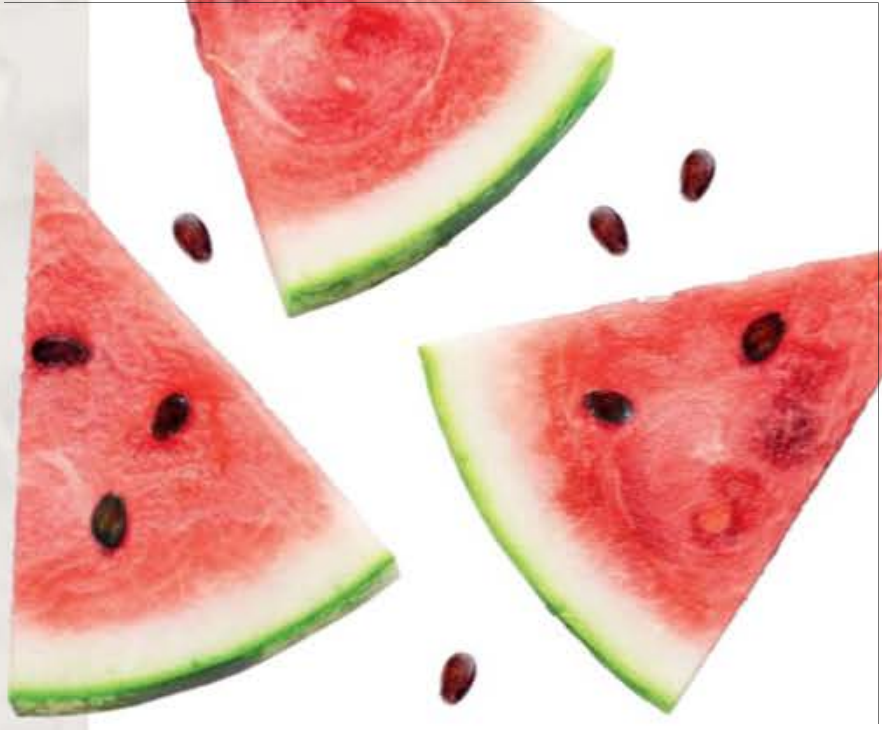
Make a beeline for the vegies and fill half your plate with vegetables such as salad or crudites (there's always a raw vegetable platter, right?). Fill one quarter with protein such as grilled chicken, and the last quarter with carbs (corn on the cob, the bun for your burger, or fruit salad), advises Martha McKittrick, a dietitian and certified diabetes educator.

BRING THE VEGIES

Take the opportunity to bring a vegetable side dish you like, so you know you will have something healthy you want to eat. (See page 48 for some inspiration!)

PLAN AHEAD

If you know you'll want dessert or a snack – and your meal plan allows for some flexibility – have a lower-carb dinner to save carbs for late-night munching, says Palinski-Wade. ➤



If you're having an alcoholic beverage, factor that into your carb count. On average, beer, light beer, wine and hard liquor have 10, 10, 2 and 0 grams of carbs, respectively, per standard drink, although the amount of carbs in beer varies by style. Most mixed drinks are packed with sugar, so check the nutrition information label for carb amounts in any mixers.

Remember that drinking on an empty stomach, drinking in excess, or drinking without having eaten enough carb-containing foods can lead to low blood glucose levels – and the risk can last for 24 hours. Alcohol is also a diuretic, so be sure to drink plenty of water if you choose to drink. Mix hard liquor with soft drink or dilute wine by making a spritzer (half wine, half flavoured seltzer), suggests Palinski-Wade.

SIP SMART

SUMMER SLIPS

Watch out for these common warm-weather oversights, say the experts:

TOO MUCH WATERMELON

"I warn patients about watermelon all the time," says Professor O'Malley. "While it's healthy, it also contains a lot of sugar, so you have to eat it in moderation." The standard serving – 1 small (2cm thick) slice or 1 cup of diced melon – has 12 grams of carbs.

THE VACATION TRAP

"One patient who went to Disney World was blown away by how much higher his [BGLs] were, because it can be harder to count carbs while away," says Professor O'Malley. There are so many hidden carbs, she says – especially at all-inclusive resorts – so be extra-careful about monitoring your levels.

COOKED INSULIN

"I had one patient who was sailing and kept her insulin in a backpack on the deck in the sun," says Soper. "Her blood [glucose] was running high and she couldn't figure out why. The next day, she opened a new bottle of insulin and her blood [glucose] went back to baseline." The lesson: if you and your meds have been out in the sun all day and your numbers are up, consider opening up a new bottle of insulin or changing your infusion set reservoir if you're on an insulin pump.

WORDS JESSICA MIGALA, ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES

THE exercise effect

Movement in every season is key for managing BGLs (and boosting your mood), so don't hold back!
But be aware that being more active than usual may affect your BGLs.

Long backyard play sessions with the kids, Sunday bushwalks with the family or days spent at a theme park all result in extra exercise that could make you hungrier and cause low BGLs, depending on your medications. So prepare by bringing good snack options with you.

Hot temps call for an additional layer of caution – be sure to stay hydrated.

If you take diabetes medications, Soper recommends checking your BGLs before and after activity. This can be a great motivator too! She explains if you notice your BGLs went from 3.3 to 6.7mmol/L after a 45-minute post-dinner walk, you may find it really motivating to stay active.

If you take insulin or any medication that might cause hypoglycaemia, you're going to want to be prepared by taking your monitor and a source of fast-acting carbs with you, says McKittrick. "If you feel weird – weak, headachy, shaky – check your blood [glucose]. Symptoms of heat exhaustion and dehydration are similar and can mimic those of low BGLs," she says. And problems can arise if you treat hypoglycaemia when you aren't experiencing a low. If your BGLs are normal, those symptoms may be a sign you need to drink water and cool down in a shaded area. But if your BGLs are low, follow the "15 every 15" rule, says McKittrick. That means eating 15g of carbs (6-7 jelly beans, ½ cup juice or regular soft drink, or 3 tsp sugar or honey), then waiting for 15 minutes and checking.

Not on insulin? You'll still want to take a healthy snack for a burst of energy when you need it. If you continue to feel faint or ill after snacking, hydrating, and/or cooling down, seek medical attention. ■

HOW TO **AVOID**

DIABETES burnout

Managing diabetes can feel overwhelming. And as *Dr Kate Marsh* explains, burnout is a real threat. But with practical advice, you can make it through

Are you fed up or feeling overwhelmed with everything you need to do to manage your diabetes? Do you feel like it is all too hard, particularly on top of everyday life? Are you frustrated that your efforts to manage your diabetes aren't producing the results you'd hoped for, and just want to give up? If you answered 'yes' to any of these questions, you may be experiencing diabetes burnout.

WHAT IS DIABETES BURNOUT?

Managing diabetes isn't easy. Watching what you eat, fitting in regular exercise, monitoring blood glucose levels and taking insulin or medication is like having a second job. But this one is 24/7, has no holidays and is added to everything else you are doing in your life, from paid work or study through to home duties and spending time with family and friends.

It's not surprising, then, that some people find this overwhelming and, at times, feel like it is all too much to manage. In fact, diabetes-related distress is common and, at its worst, can lead to burnout, where someone feels a sense of helplessness and begins to take less care in managing their diabetes.

STRATEGIES TO PREVENT AND MANAGE DIABETES BURNOUT

If you're struggling with diabetes distress or burnout, it's important to know you're not alone. Getting the right help and support is crucial. Here are a few things you can do:

- **Set realistic expectations**

Managing diabetes is a careful balancing act between food, activity levels, medication or insulin and many other factors that can impact blood glucose levels, some of which we have little control over, such as stress, illness and changes in hormone levels. In people without diabetes this is a finely tuned process, with the body constantly monitoring and adjusting the levels of various hormones to keep blood glucose levels in check.

While technology is constantly improving, and tools such as insulin pumps and continuous or flash glucose monitors can make life a bit easier, keeping blood glucose levels within your target range is still hard work – and almost impossible to get right all the time. So, if you ➤

Managing diabetes is like having a second job

are working hard to manage your diabetes, but blood glucose levels don't always do what you expect, understand that this is just part of having diabetes.

Know that you are doing your best and that sometimes your levels will be out of range for no apparent reason.

- **Don't judge by the numbers.** Your blood glucose meter is a tool to help in managing your diabetes, not a judge of your actions.

As discussed above, there are times your levels will be out of range, and that's okay. Use the feedback to determine what you might do differently next time, however, don't beat yourself up when you see numbers outside of your target range.

- **Mind your language.** Consider the language you use when talking about your diabetes, whether to others or in your own head. For example, talk about 'checking' or 'monitoring' your blood glucose levels, not 'testing' (which implies you are being judged on the result), and 'everyday' and 'special occasion' foods, rather than 'good' or 'bad'.

Your blood glucose meter is a tool, not a judge of your actions

In its position statement, *A new language for diabetes: improving communications with and about people with diabetes*, Diabetes Australia discusses the power of language and how it should be used to engage and support daily self-care, and not to de-motivate or induce fear, guilt or distress.

- **Identify problem areas.** Think about which aspects of your diabetes management are causing you the most difficulties or distress and get some help with tackling these.

For example, if you are doing okay with monitoring and taking your medication, but are struggling with your eating, make an appointment to see a dietitian, who can work with you to develop a realistic eating plan to meet your needs and goals. If exercise is a challenge, perhaps you can enlist the help of a friend or partner to join you

WORDS DR KATE MARSH **PHOTOGRAPHY** GETTY IMAGES

for a walk a few mornings per week or accompany you to the gym. Or, if monitoring your blood glucose levels regularly is difficult, speak to your diabetes educator about what you're finding difficult and the options that might help make this easier.

- **Develop a step-by-step plan.** If diabetes management is feeling overwhelming, forget the all or nothing thinking and start small. Pick a few small actions that feel achievable and develop a plan to add other activities once the first ones become a new habit and you feel ready to tackle the next step.

Your diabetes team can help you to develop a realistic plan to assist you in working towards your goals without becoming overwhelmed.

- **Get the right support.** While it can feel like it at times, you are not alone. There is help available and it's important to reach out for support and to ensure you are surrounded by people who are going to help and encourage you with your diabetes management (see more about building your support team below).

BUILDING YOUR SUPPORT TEAM

Having the right support is essential in managing diabetes and diabetes-related distress and burnout. This could include:

- **A supportive doctor and diabetes team.** It's important that you don't feel judged or blamed when you attend your diabetes-related appointments, as this can be a significant contributor to diabetes-related distress and burnout.

Find a team of diabetes health professionals who are non-judgemental, who understand that living with diabetes isn't easy and who are willing to help you in setting realistic targets and a manageable plan to achieve your goals.

- **Family and friends.** Having the support of those close to you is also important.

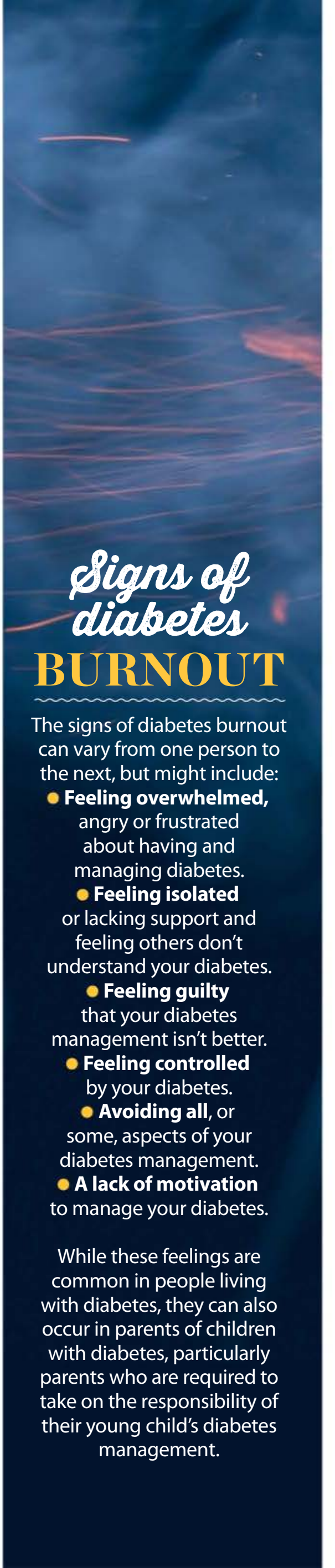
Whether it's helping you to prepare healthy meals, joining you to go for a walk, reminding you to take your meds or just being a good listener, your partner, family and friends can be a great support.

However, they may not understand how you are feeling and the type of support you need, so let them know what you find helpful (and also what you find unhelpful!).

- **Peer support.** Speaking with other people who also live with diabetes and can better understand how you are feeling can often be a great help and source of encouragement and support. This could be a local support group or an online community.

The Juvenile Diabetes Research Foundation (JDRF) Australia also offers a peer support program which connects people with type 1 diabetes and parents of children with type 1 with volunteers living with diabetes (or who care for a child with diabetes) who can provide practical help and advice. For more information, visit jdrf.org.au/peer-support-program.

- **A psychologist or counsellor.** If you are feeling distressed, depressed or burned out by your diabetes, you might also want to speak with your doctor about a referral to a psychologist or counsellor who understands diabetes. ■



Signs of diabetes BURNOUT

The signs of diabetes burnout can vary from one person to the next, but might include:

- **Feeling overwhelmed,** angry or frustrated about having and managing diabetes.
- **Feeling isolated** or lacking support and feeling others don't understand your diabetes.
- **Feeling guilty** that your diabetes management isn't better.
- **Feeling controlled** by your diabetes.
- **Avoiding all**, or some, aspects of your diabetes management.
- **A lack of motivation** to manage your diabetes.

While these feelings are common in people living with diabetes, they can also occur in parents of children with diabetes, particularly parents who are required to take on the responsibility of their young child's diabetes management.

10 *easy ways* TO LOSE WEIGHT

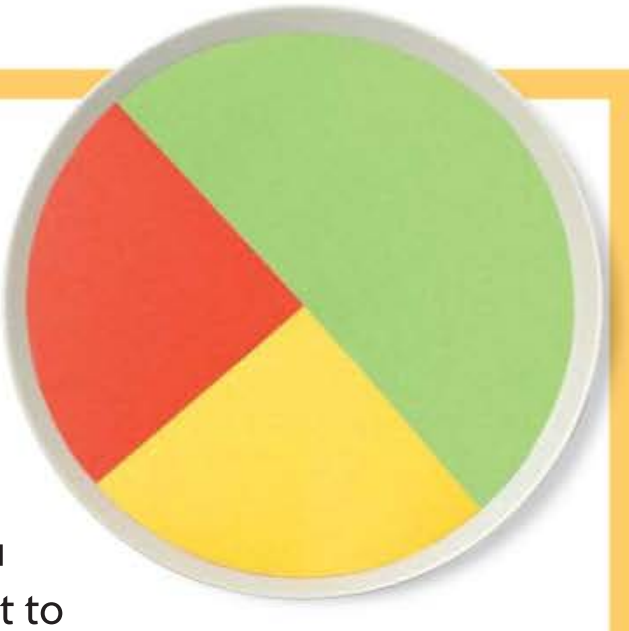
Forget the latest diet fad or totally overhauling your eating habits to lose weight. Instead, try small changes for a big impact

The promise of rapid weight loss might be tempting but, in most cases, those people who are the most successful at losing weight and keeping it off are the ones who make small, sustainable changes to their diet and activity levels – changes that, over time, can add up to lasting success.

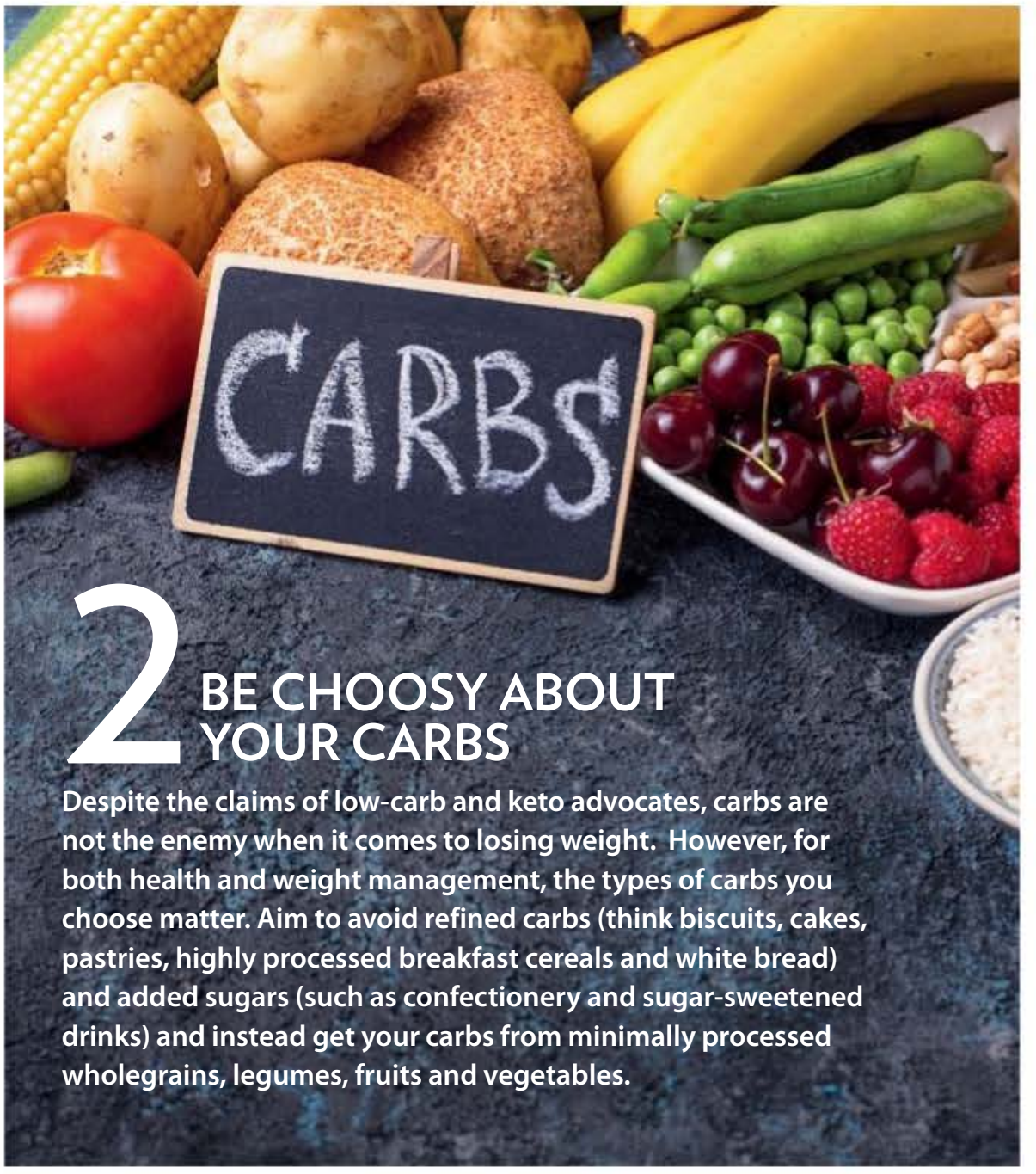
If you've been trying to lose weight for a while now, you've probably tried a few different diets. Chances are, you lost some weight but found the diet difficult to stick to long term, so gradually returned to old habits, and then regained the weight you lost. You may even have gained more weight than you lost in the first place. If this sounds familiar, you are not alone.

The solution: build new habits you can stick to for life.

1 *Manage portion sizes*



Even if you follow a healthy eating plan, if you eat more than you need to, it will be difficult to manage your weight. A good place to start is with getting the balance right on your plate. Aim for half a plate of non-starchy vegetables or salad, one-quarter of lean protein and the other quarter from higher-fibre, lower glycemic index (GI) carbs. Picking smaller plates (or bowls or cups) can also help.



2 BE CHOOSY ABOUT YOUR CARBS

Despite the claims of low-carb and keto advocates, carbs are not the enemy when it comes to losing weight. However, for both health and weight management, the types of carbs you choose matter. Aim to avoid refined carbs (think biscuits, cakes, pastries, highly processed breakfast cereals and white bread) and added sugars (such as confectionery and sugar-sweetened drinks) and instead get your carbs from minimally processed wholegrains, legumes, fruits and vegetables.

3 Ditch the discretionary foods

These are foods (and drinks) we choose for pleasure that don't provide much nutritional value and tend to be high in energy – think chips, confectionery, cakes, biscuits, pastries and sugar-sweetened drinks.

You don't need to completely cut them out if they are foods you enjoy, but you do need to keep these to a minimum when trying to lose weight and still meet your nutritional needs. Of course, everyone will be different in terms of how many 'extras' they can fit in and still lose weight, and this largely depends on how active you are. However, in the latest national health survey, Australians aged 2 years and above were eating an average of 35 per cent of total energy from discretionary foods and beverages, suggesting plenty of room for improvement. ➤

4 *Fill up on fibre*

Dietary fibre, found in plant foods such as vegetables, fruit, legumes, wholegrains, nuts and seeds, can help you to feel fuller, and research has shown that increasing dietary fibre intake is one important change that can help with successful weight loss.

5 EAT YOUR FRUIT, DON'T DRINK IT

Fruit contains natural sugars, but this doesn't mean it's something to steer away from when you are watching your weight. In fact, fruit makes the perfect sweet snack or dessert. Eaten in its fresh, whole form, where it comes complete with dietary fibre, vitamins and minerals, fruit intake appears to be helpful for weight management. However, fruit juice is a different story. Juicing removes the fibre and makes it easy to overconsume – just think about how many oranges you need to squeeze to make a glass of orange juice. You are unlikely to eat 3-4 oranges at one time, but it's easy to drink them!

6 Get more protein from plants

Research shows that people following a plant-based (vegetarian or vegan) diet have a lower body mass index (BMI) and are less likely to gain weight compared to meat eaters. What's more, intervention studies have shown greater weight loss with vegetarian or vegan diets compared to other diets. There are many reasons a plant-based diet might favour weight loss, but one explanation is the satiating effect of plant protein. Several studies have found legumes (such as lentils and dried or canned beans) can help with improving satiety and weight loss, probably due to their combination of plant protein, dietary fibre and low GI carbs.

7 Be careful with coffee

Many people are careful with what they eat, but forget about the energy they drink, and coffee is a common culprit. A few large lattes per day with full fat milk and sugar can quickly add up the kilojoules and make weight loss more difficult. So, while there's no need to ditch your daily caffeine hit, consider sticking to one per day, switching from large to small, swapping full fat for skim milk and/or cutting out the sugar.

8 Listen to your appetite

Many of us have lost touch with our appetites. We tend to eat for all sorts of reasons other than hunger, including boredom, stress or just because the food is there or someone else around us is eating. Eating when you are not physically hungry will always be a barrier to weight-loss success. Learn to recognise your hunger and fullness signals. You should be hungry when it comes time to eat (but not starving, or you will overeat) and learn to stop when you are satisfied (and not over-full).

9 *Avoid (or reduce) your alcohol*

Like with coffee, many people overlook the energy content of alcohol. For example, drinking half a bottle of red wine with dinner is the kilojoule equivalent of adding four slices of bread to your meal. What's more, alcohol can increase appetite and reduce your resolve to make healthy food choices. If you're a daily drinker, consider sticking to one glass and incorporating a few alcohol-free days each week.

10 CONSISTENCY IS THE KEY

A study of more than 1400 participants in the National Weight Control Registry found that those who had consistent eating patterns across the week and over the year were more likely to maintain their weight loss over the long term. In other words, they didn't let things like weekends and holidays get them off track. This doesn't mean you can't fit in treats and indulge a little on special occasions, but dieting strictly during the week and letting it all go on the weekends or holidays is unlikely to lead to success. ■

WORDS DR KATE MARSH **PHOTOGRAPHY** GETTY IMAGES

7 NEED-TO-KNOW FACTS ABOUT DIABETES & YOUR EYESIGHT

At least 60 per cent of people diagnosed with diabetes get eye disease within 20 years. Here's how you can protect your eyes

1 Diabetes is the leading cause of blindness in working-age Australians. Diabetes can lead to a condition called diabetic retinopathy, the most common and most serious diabetic eye disease, which can result in permanent vision loss if left untreated. Diabetes also makes developing cataracts or glaucoma twice as likely, compared to those people without diabetes.

2 High BGLs can cause changes to the shape of the eye's lens. This can temporarily cause blurry vision – something which usually disappears when BGLs are stabilised. But, when BGLs are unstable or remain persistently high, it increases the risk of more serious eye problems, often by causing damage to the eyes' blood vessels.

3 Diabetes-related eye complications don't usually cause signs or symptoms until the problem is quite advanced. These include blurry vision, sensitivity to light and glare, seeing floaters, flashes or halos around lights, having distortion or holes in your vision, or needing brighter light to read. If you note changes to your vision, tell your doctor ASAP.

4 64 per cent of Aussies with diabetes do not know it can affect their eyes. Not only are those with diabetes at risk of diabetic eye disease, it's important to let your optometrist know your diagnosis so they can monitor your eyes closely.

5 98 per cent of serious vision loss from diabetes can be prevented. This can be achieved with regular eye checks and early treatment. While this can't generally restore vision once it's lost, most complications can be treated if detected early.

6 One in two people with diabetes don't have their eyes checked frequently. As well as having an eye examination when first diagnosed, you should keep having them at least once every two years (or more often if your doctor advises). Sign up to KeepSight.org.au for reminders and eye health information.

7 Besides eye checks, there are other things you can do. Keep your BGLs, HbA1c, blood pressure and cholesterol at recommended levels, maintain a healthy lifestyle, take medications as prescribed and have regular health checks suggested by your doctor. And, last, but not least, if you smoke, stop! ■

WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

Rolling with the PUNCHES

Even for expert planners, trips with diabetes don't always run smoothly

I am not a light packer, but I am an efficient one: I can fit a week's worth of clothes, diabetes supplies, electronics and sundries into a carry-on bag. I loathe checking luggage as I prefer to keep things close by, a preference honed by decades of living with type 1. But, when a 10-day trip to Paris involved a conference and a holiday, I had to check a bag.

I was already nervous about being so far from home for what felt like a long time, and being separated from my stuff made me uneasy. What if my bag was lost?

I put all my essentials into my carry-on bag to protect my diabetes supplies (and laptop) from the cold of the cargo hold and the possibility of being lost.

The flight to Paris was long but easy, and the conference was amazing. When it came time to move from the conference hotel to the apartment my husband and I had rented, I felt a strange sense of security. Maybe it was going to be just fine.

Oh, silly me. Just as we were putting in the code to enter the apartment building, a truck rolled by at the same time as a guy on a bicycle, causing a tight squeeze in the narrow lane. At that moment, my carry-on bag fell into the street and was run over. The truck's first set of wheels crunched over the handle, crushing the metal and plastic into oblivion. Then the bag pivoted and the second set of truck wheels further obliterated the handle, smashing the bag.

We realised my pump supplies, back-up bottles of insulin, test strips, back-up meter and insulin pens were in that bag – as well as my laptop. I ripped into what was left of the bag and brought out my essentials for a frantic inspection. Miraculously, the truck only destroyed the handle and the very top of the suitcase – my diabetes supplies were safe.

It dawned on me that even the best-laid plans can become a big, fat mess. I'm a planner. And having type 1 in my mental laundry basket means I'm constantly thinking about all the what-ifs, planning for the worst but hoping for the best. Yet, even though I had packed enough supplies to account for a broken bottle of insulin, a gaffed-up pump or a lost meter, I hadn't considered the possibility of my bag being hit by a truck.

But you know what? I was grateful my ever-planning brain knew immediately what questions to ask to solve a potential crisis, even if I didn't yet know the answers. Diabetes has created an almost-superpower of versatility, letting me walk a line between prepared and paranoid with (what seems to be) ease.

The lesson learned? Next time, I'm splitting up my supplies. And hanging onto both bags with an army of hands. ■

WORDS KERRI SPARLING **PHOTOGRAPHY** GETTY IMAGES

Stopping the WEIGHT

A weight-loss clinic that opened in Sydney three years ago has changed the lives of more than 500 people, including those whose type 2 is in remission

Losing 50kg is an incredible achievement in anyone's book, and Dr Ramy Bishay knows what it takes better than most. An endocrinologist who heads up Blacktown Hospital's Metabolic & Weight Loss Clinic, he lost that amount of weight in a five-year period by overhauling his lifestyle after embarking on a 'get healthy' journey in 2003.

"More than anything, having personally lost a lot of weight, I have great empathy for people wanting to do the same," says Dr Bishay. "But I also know that it's achievable."

It's part of the reason why, when a plan was being formulated to address the fact obesity is one of the fastest-growing health concerns in western Sydney, a weight-loss program centred around behaviour and lifestyle change was favoured over jumping straight into surgery.

"We really believed it was a better strategy to come at it from the other way around," says Dr Bishay. "Most people still come in to our clinic thinking they'll be up for bariatric surgery straight away, and are then quite surprised to hear about our approach."

Establishing the fully publicly funded clinic in 2017 with Western Sydney Diabetes director Professor Glen Maberly, the results Dr Bishay and his team have achieved prove it was the right decision.

So successful is the no-out-of-pocket-costs-for-patients program that, while most people who participate lose at least 10 per cent of their body weight, only one in nine go on to require weight-loss surgery.

"After six months on the program, a decision is made with each person individually about whether to continue with the dietary and lifestyle approach, or whether bariatric surgery is the better way to go," says Dr Bishay.

Even when surgery is required, research shows any weight loss that's achieved beforehand is linked to greater long-term weight-loss success during the 12 months post-surgery. "So it's a win-win," he says.

Dr Ramy Bishay knows weight loss.

BYE-BYE DIABETES

Dr Bishay says diabetes is the health issue that improves fastest when you lose weight. It explains why, while there are currently 600 people on the wait list to enrol in the clinic's program due to the demand for spots exceeding the number currently available, those living with diabetes are often accelerated up that list.

"Around one in three people who are currently enrolled in our program have type 2 diabetes," says Dr Bishay. "I'm excited by that because diabetes remission

WORDS KAREN FITTALL **ADDITIONAL PHOTOGRAPHY** GETTY IMAGES

is something I love seeing." He points to the results of a study released in 2017 which show that 86 per cent of people who lost at least 15kg put their type 2 diabetes into remission.

"It means that younger people who have had type 2 diabetes for four or five years could be free of diabetes by the end of our program," he says.

HOLISTIC APPROACH

Drawing on the expertise of on-staff dietitians, psychologists and exercise physiologists, the clinic's weight-loss program, which lasts between one and two and a half years depending on whether bariatric surgery is required or not, is multi-dimensional.

But at its heart is a low-kilojoule diet centred around low-sugar fruit, low-GI vegetables, lean protein and meal-replacement drinks, plus a lot of support and follow-up. The importance of that support on a weight-loss journey is something Dr Bishay knows first-hand.

"I didn't lose a single kilogram on my own," he says. "I did it with the help of my mother and my brother for the first 25kg, and then with the help of my wife to lose the next 25kg. The way I look at it is, you'd never do a house renovation entirely on your own, so why would you want to try and lose weight on your own?"

As a result, the clinic regularly checks in with people enrolled in the program, encourages them to take part in group sessions and requires that they attend clinics in person at least twice a month.

Participants also join the Get Healthy Service, a free phone-based coaching service available to anyone in NSW, Queensland and South Australia trying to make healthy lifestyle changes.

> **Having lost a lot of weight, I have empathy for people wanting to do the same**

As well as signing up to that if you're trying to lose weight, in lieu of being able to join a program such as Dr Bishay's, he suggests talking to your GP. "If you're serious about making a healthy change, find a GP who is interested in weight loss. Their support, along with friends and family, will be invaluable," he says. ■

To find out more about Blacktown Hospital's Metabolic & Weight Loss Clinic, including whether you may be eligible to enrol, visit wslhd.health.nsw.gov.au/Blacktown-Hospital-Metabolic-and-Weight-Loss-Clinic

GET UP **STAND UP**

Sitting too much has been linked to a higher risk of heart disease and some cancers. Move more with these small habit shifts

Pay attention Change starts with awareness. Start by taking note of how much you sit throughout your day – at home, in the office and in your car. "Just being aware of this can trigger you to react," says Betsey Banker, a wellness educator. No need to formally log your sitting time – Banker recommends just mentally noting how much time you spend in a chair.

Focus on one change Sitting is a societal norm, so it can be tough to break the habit, says Banker. To start, choose one way you will stand instead of sit each day. For instance, stand to check your emails in the morning, read the morning news while standing at the kitchen counter, or pledge to stand or pace whenever you're on the phone.

Create new defaults Many people sit by default in certain situations, such as when waiting at a restaurant, doctor's office or airport. Try to notice when you move to a bench or chair, and try standing instead. "Waiting time can be a great way to stand, even move, more," says Banker. It may feel a little awkward at first, especially if you're the only one standing. But soon, it can feel so second nature you may start to wonder why the whole room isn't standing as well.

Work up to the 30-30 rule A good goal to work towards is trying to stand for 30 minutes for every 30 minutes you spend sitting. One caveat? "You need to build gradually to standing for 30 minutes at a time," explains Banker. Otherwise, it will be like walking 10km without training for it: because your body isn't ready for the challenge, you could risk injury. Start by standing for two minutes every half hour, and slowly increase that time.

Move while sitting While standing and moving is best, it's not always possible. Fortunately, you can move a little whenever you're sitting to get that blood flowing, says Rick Kattouf II, a personal trainer and triathlon coach. He suggests knee lifts (alternate lifting one knee a few centimetres above your chair and then lowering it back down), leg extensions (alternate extending one leg straight out in front of you and then back down) and calf raises (keep the balls of your feet on the floor while lifting your heels up and down). ■

WORDS KAREN ASP **PHOTOGRAPHY** GETTY IMAGES

diabetes on FOUR LEGS

Did you know that it's possible for cats and dogs to be diagnosed with diabetes?

If you've recently noticed your cat or dog has excessive thirst and urination, tiredness or a lack of energy, and even weight loss – despite normal or increased appetite – they may have diabetes.

Visit your vet, who can confirm if this is due to diabetes by testing for high levels of glucose in the bloodstream (hyperglycaemia) and/or a presence of glucose in the urine (glycosuria).

Diabetes mellitus is categorised, similarly to humans, by type 1 (insulin dependent) and type 2 ➤

(non-insulin dependent). Type 1 is most common in dogs, where there is a total or near-complete destruction of the body's beta cells, and requires insulin injections to stabilise their blood glucose levels. Type 2 identifies some remaining insulin-producing cells, and although seen in both cats and dogs, it is more common in cats.

"Lifestyle factors such as those that predispose people to type 2 have a role in diabetes in cats, in particular obesity and a sedentary lifestyle," says Dr Linda Fleeman, of Animal Diabetes Australia. "There is some evidence that diabetes in dogs is sometimes due to an immune disorder."

Unlike humans, there's no clear cause behind diabetes in our pets, but numerous factors – such as age, breed, presence of other diseases, weight and physical activity – can contribute.

Our furry friends are unable to tell us when they feel sick or if there's something wrong so they're relying on you to notice any changes in their health and routine. As their owner, you will need to be financially and personally committed to your pet, as their health is fully reliant on you maintaining responsibility for consistent food supply, insulin injections, close management and more. ■

Optimal management

Living a stress-free lifestyle is key to managing your pets' diabetes and avoiding an overdose in insulin, causing hypoglycaemia (low BGLs). In both cats and dogs, this can occur without warning.

● INDIVIDUALISED CARE

Like humans, your pal needs a care plan specific to their needs. "There are many options for monitoring the response to treatment of diabetes in dogs and cats, which include glucose testing of the blood or urine at home or at the vet clinic," says Dr Linda Fleeman, of Animal Diabetes Australia. "The best approach is for the owner and vet to work together and for the approach to be tailored to best suit each case."

● VISIT THE SAME VET

Seeing the same vet will ensure your pet's lifelong management is accurately monitored. To help them identify causes of illness or changes, take note of your pet's appetite, behaviour, general demeanour, meal size, insulin dosage, urine glucose and ketones, weight and water intake.

● INSULIN & FOOD

It's important for both cats and dogs that insulin injections are given at the exact time they are due – every 12 hours – and with food. They should be administered when and how your vet recommends. The exact dosage required by your pet is matched with their meal and should always contain the exact same ingredients and quantity, which must be consumed within 4 hours of the injection. Even the smallest error in insulin dosage, or excess foods, can result in a hypo; but if you notice a lack of appetite, especially in dogs, this is a sign of illness, and they should be taken to the vet promptly.

Top Tip

"Diabetic dogs are at high risk of developing sudden, severe cataracts in their eyes, which may result in blindness," explains Simone Maher, Chief Veterinarian of Animal Welfare League Veterinary Clinic NSW. "So if something doesn't seem quite right with your pet, trust your instincts and make an appointment with your vet!"

PREVENTION

"There is no way you can guarantee your pet won't develop diabetes," says Dr Maher. "However, making sure you feed them a nutritionally balanced diet, don't allow them to become overweight, follow your vet's instructions when administering prescribed medications, and seek medical advice if something just doesn't seem right, are all ways of maximising their health."

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES

STUCK *on you*

Sensor sliding? Experts share their tips to keep your tech in place

Experiment with location

Finding a spot that lets you move freely – and isn't in the way – is most important, says Dexcom user Christel Oerum, co-founder and head coach at Diabetes Strong. If your CGM sensor or insulin pump infusion set won't stay put, try a spot where the skin is less oily and moves less. "The abdomen is usually associated with the most adhesion problems, followed by the arms, hips and thighs," says insulin pump user and dietitian Gary Scheiner. He suggests trying the upper buttock, as it's usually hugged by snug clothing that can help to keep the sensor in place.

Give it a wash

A clean, dry surface is important for achieving the best adhesion, says Scheiner. It further helps if the spot is hairless. "If you're gorilla-hairy like me, shave the area first," he suggests. Oerum also likes to prep the spot with an alcohol swab before she inserts the sensor.

Make it sticky

Applying extra adhesive to your skin before inserting the sensor or infusion set can help it stay put. Be sure to put the glue around the point of insertion, not on it, and let it dry first so the chemicals don't interfere with your device, says Scheiner. Popular options? Skin-Prep (available at pharmacies and Amazon) and Skin Tac (available on Amazon) wipes. Because the glue can be hard to remove – from the site and your hands – Oerum suggests using adhesive-remover wipes such as TacAway (available on Amazon). ■

STOP THE **PEELING**

You can patch the adhesive pads of peeling sensors and infusion sets with body glue or apply an over-bandage before the site starts to peel, says Scheiner. Traditional clear-plastic tape, such as Tegaderm, can be cut to fit around your CGM or infusion site. But Oerum prefers fabric patches because they're breathable and less likely to come off with sweat. Water-resistant options with custom shapes and precut holes include Skin Grip, GrifGrips, ExpressionMed and Pump Peelz.

Thorough prep will help you stick with it!

WORDS MICAELA YOUNG **PHOTOGRAPHY** GETTY IMAGES

Get ready for HOSPITAL

Managing your diabetes in a hospital environment can be challenging. Type 1 blogger Melinda Seed explains how you can stay safe and in control

"I was pleading for insulin. They said I had to wait until after the ultrasound, but the ultrasound kept being delayed. Eventually I fell into a coma and I don't remember what happened for the next few days." As someone who has had type 1 diabetes since infancy, this story of another type 1's experience in hospital encapsulates my worst fears.

Difficulties accessing insulin and tools to manage diabetes when hospitalised for non-diabetes reasons are not uncommon. Anecdotes abound: the emergency doctor issuing instructions to withhold insulin for five days after a hypo, being denied access to a basal insulin dose because the type 1 patient isn't eating, and type 2 patients not having access to blood glucose monitoring are just a few examples. Stories such as these from people with diabetes no longer surprise me.

What did surprise me is how well known and documented the problem is among diabetes healthcare professionals. The United Kingdom takes a snapshot of inpatients with diabetes every year. Despite some improvements over time, the latest report shows 40 per cent of patients on insulin had experienced an error in insulin administration, 1 in 4 people had a severe hypo and 1 in 25 developed ketoacidosis while hospitalised. Small studies in Australia indicate things are certainly no better here, with one Melbourne hospital finding 52 per cent of patients with diabetes experienced a medication error during their stay.

Speaking at the 2018 Australian Diabetes Congress, Professor Anthony Russell, director of Diabetes at the Princess Alexandra Hospital, attributed the problem to a lack of resourcing of hospital diabetes teams, such that diabetes care of inpatients was left almost exclusively to generalist interns or residents and "current nursing and intern education programmes can only do so much". As many people with diabetes would agree, it seems inpatient diabetes care is being left in the hands of healthcare professionals with good intentions but insufficient knowledge of diabetes.

This should not be a problem for most people who successfully manage their diabetes every day. Sometimes you may be too ill or too medicated to manage your diabetes, but this is not the case for most people during the majority of their hospital stay. Unfortunately, expertise in self-management is neither recognised nor accommodated in most hospitals. Doctors and nurses are not used to patients administering their own medicines and testing their own blood, so their default position is to remove the option for self-management by controlling access to insulin and the means to deliver it.

Insulin treatment is highly individualised and complex. The combination of stress, illness, fasting or hospital food with generalist doctors managing insulin does not bode well for keeping BGLs within your target range. ➤

So what can you do to keep yourself and your diabetes safe in hospital?

1 IT'S NEVER TOO EARLY TO BE PREPARED

You may not have plans to be hospitalised, but there are things you can do now to make future hospital visits safer. At your next diabetes appointment, ask your team if they have any tips for what to do in the event of an unexpected hospitalisation for something not diabetes related. I have been told to ask for the 'endocrine registrar on call' if you are concerned about anything diabetes related while in hospital. If hospital staff are attempting to make changes to your diabetes treatment that you think are unwise, ask that approval comes from your endocrinologist prior to consenting to the treatment.

The Australian Safety and Quality Health Service Standards require all hospitals to maintain and publicise mechanisms for patients or carers to ask for a clinical review of their case.

Be aware that if you do end up with deteriorating diabetes control, such as high BGLs and ketones, you can ask for care to be 'escalated'. If you feel your concerns aren't being listened to, ask for a copy of the hospital's escalation policy and follow the procedures outlined.

2 PLAN EARLY FOR SCHEDULED HOSPITAL STAYS

As soon as you know you have to have a medical procedure in hospital, speak to your diabetes team about whether changes to your medications will be required, particularly if you are required to fast. If you are type 2, then some oral medications may be changed or you may be asked to not take tablets for a day or two. If you use insulin, discuss changes to timing and dosages with your doctor.

You will need a medication plan for before, during and immediately after the surgery. Ask for the plan to be written down and include your regular basal insulin dose, insulin to carbohydrate ratio and correction factors.

Once you have sought advice from your diabetes team, speak to your surgeon and anaesthetist again, before admission to hospital, about how your diabetes is to be managed. Take the instructions from your diabetes team with you and get the plan written up in your notes. Bring a copy of the plan with you to hospital as well.

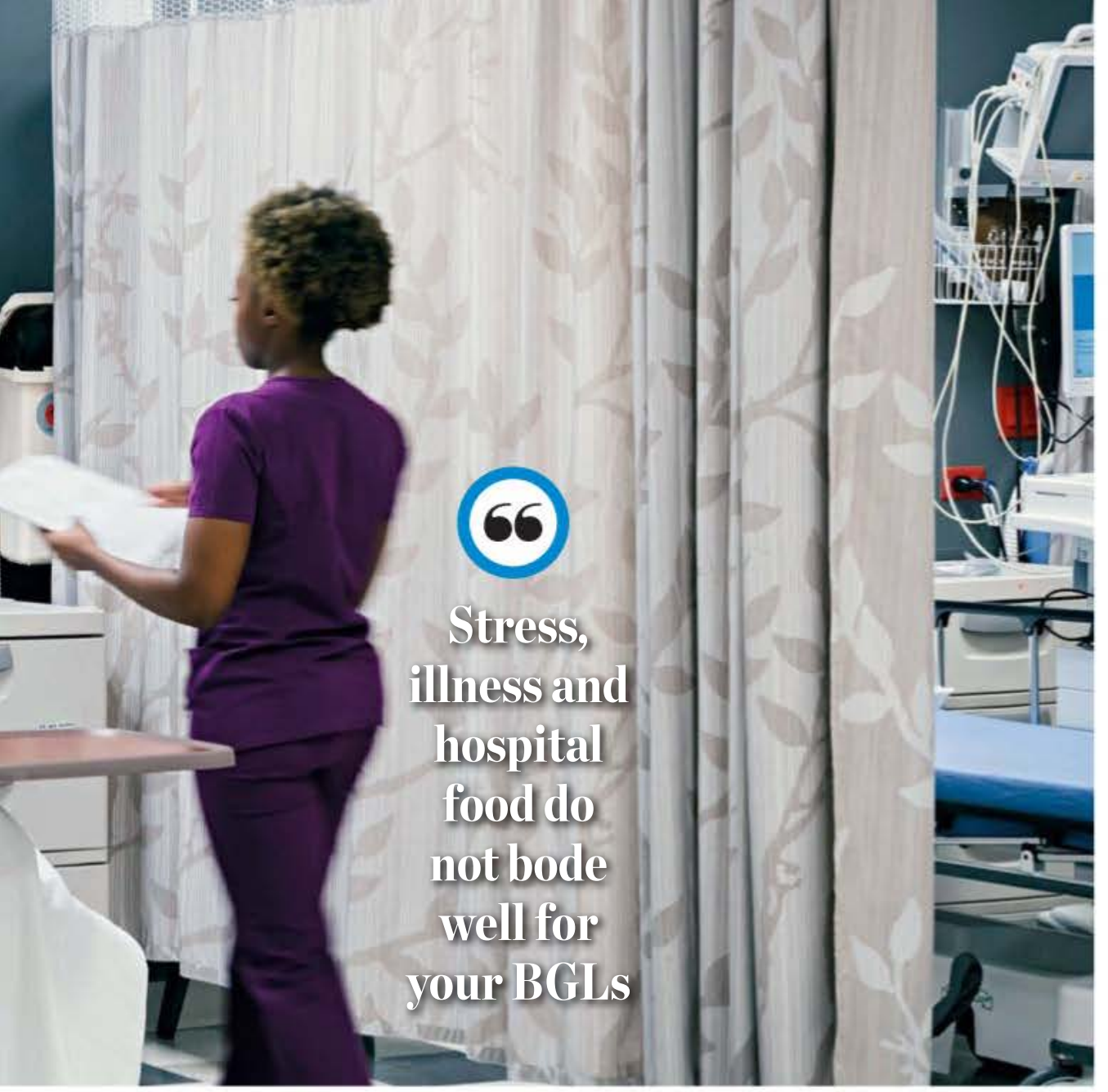
If you are required to fast, ask how you should treat hypos, should they occur during this time. You should discuss any hypos and how you treat them during the fasting period with your anaesthetist and surgeon prior to the procedure.

Ask to be first on the surgical list for the day to ensure that your diabetes will suffer minimal disruption.

3 BRING AN ADVOCATE WITH YOU

If it's at all possible, bring a family member or friend with you to the hospital. A significant other who understands your diabetes and knows how to advocate for you if you are too sick to do it for yourself is one of the best ways to ensure that you stay safe. Make sure this person knows your diabetes plan and has the contact details of your diabetes team and the hospital's escalation policy.

WORDS MELINDA SEED **PHOTOGRAPHY** GETTY IMAGES



> Stress, illness and hospital food do not bode well for your BGLs

4 WHAT ELSE TO BRING

Make sure you bring all your own diabetes supplies: your own glucometer, plenty of test strips, all your regular medications in their original packaging, pump supplies, pen needles, syringes, insulin and hypo treatments. Not only will your own lancing device hurt less, but you can keep an eye on your BGLs instead of having to wait for the nurses to do tests.

Ensure you have a list of all your medications that records dosage and the time you take them. Also be sure to include any vitamins, herbal treatments or supplements on the list.

Bring the names and contact details of your diabetes care team. If you have an after hours contact number for your endocrinologist, bring it with you. Have an extra copy to give to your advocate.

With your hypo treatments, make sure they are in easy reach.

If you have type 1, take ketone testing strips, even if you hardly ever use them at home. Ketones and high BGLs indicate a serious diabetes problem and urgent action is required to bring down your BGL. Being able to monitor ketones yourself may help you get more timely access to care. Ask for an endocrine review or for your endocrinologist to be called if you have ketones. Insist on escalation of your care if you cannot access treatment for ketones urgently.

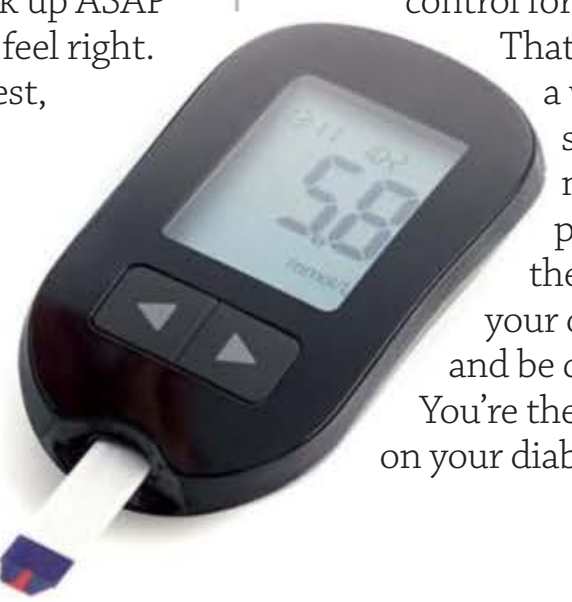
5 WHILE IN HOSPITAL

Make sure you advocate for yourself – speak up ASAP if something doesn't feel right. You know yourself best, so don't be afraid to ask questions and get help for any new symptoms, a worsening condition or diabetes problem.

It is not unheard of for generalist doctors and nurses to be unaware people with type 1 require basal insulin, even when they are not eating. If modifications to your insulin regimen need to be made by generalists, ensure you are clear you need basal insulin even if you are not eating and that your endocrinologist says his or her approval is required before altering your basal regime. Ask specifically how your basal insulin requirements are to be met if you are told not to inject yourself or they say your pump must be removed.

Remember, if hospital staff suggest deviations from your agreed diabetes care plan, you do not have to consent. You can also ask that your diabetes team be consulted about any changes to your diabetes regimen before giving your consent.

Keeping your BGLs as close to your target as possible promotes healing and assists in preventing infections or other illnesses. Do not be afraid to be assertive in using your knowledge and experience, and the support of your diabetes doctors and nurses, to stay safe. Hospitals are generally safe places in which staff do their very best to help their patients in stressful circumstances. In an ideal world, hospital diabetes care would be a seamless alliance of patient, specialist and generalist collaborating to achieve perfect control for each person. That ideal seems a way off yet, so in the meantime be prepared, use the expertise of your diabetes team, and be confident. You're the expert on your diabetes. ■



Sophie playing for the White Ferns.

Striking DIABETES

New Zealander Sophie Devine shows it's possible to be an elite athlete despite a type 1 diagnosis

From a young age, Sophie Devine was talented enough to make it onto representative teams for both hockey and cricket, fuelling her love of sports. "The two sports are extremely different, but that is what I love about them," she explains. "Hockey is so fast-paced, but cricket has the unique challenge of being almost an individual sport played as a team." Through this motivation, Sophie was able to quickly pull through her teenage diagnosis of type 1 diabetes and make a sporting life her career.

In 2005, the then-15-year-old Sophie had all the classic symptoms of type 1 diabetes – losing weight, drinking lots, fatigue and constantly needing to go to the bathroom. "I kept pestering Mum to take me to the doctor but she thought it was just a bladder infection and that it would pass," she explains. "The tipping point was when I walked into class and couldn't see the whiteboard. So I went to the local GP and, within an hour, I was on my way to the hospital."

Sophie, now 30, was lucky enough to have a great health-care team from the get-go, and was only in hospital overnight.

LEFT: Sophie with a cricket fan. ABOVE: Playing on the Wellington women's NHL hockey team.

Diabetes and sports

"[Before my diagnosis] I had very little awareness of what diabetes was, other than an uncle who has type 1," she explains. "I thought I'd never be able to play sports again, and eating treats was definitely out of the question!"

After her diagnosis, Sophie and her mum sat in the car crying. "After about 10 minutes we made a pact that we were going to get on with it and that there's no point complaining about it. We just made the best of the situation," she says. After just a three-day hiatus from playing sports, Sophie decided diabetes was not stopping her from playing hockey or cricket. "I actually had an age group hockey tournament a couple of weeks after I was diagnosed, so it gave me something to look forward to and push to be a part of," she says.

Following her diagnosis, Sophie focused on hockey – playing 36 internationals – as a member of New Zealand's women's team, the Black Sticks, with the ultimate goal of making the London 2012 Olympics. "I unfortunately missed out on the final 16, but loved the experience of playing and training at the highest level with hockey," she says. Sophie was then offered one of four contracts from New Zealand Cricket to train and work in the cricket environment, which was too good to turn down.

Mighty sportswoman

Today, she continues to compete on the New Zealand women's national cricket team, the White Ferns – who she has played for since the age of 17 – and hopes to play in the upcoming Women's T20 World Cup. Sophie also plays for Western Australia's Western Fury in the Women's National Cricket League, South Australia's Adelaide Strikers in the Women's Big Bash League, and Wellington Blaze in New Zealand's domestic competition. "Sport is a massive part of not only my life but my family's too, so they always encouraged me to continue playing," she explains, "and to also let team coaches or managers know about my diabetes and how they can keep an eye out for me."

Sophie has been fortunate to have supportive teammates willing to learn about her diabetes beside her, and they all know where her stash of jelly beans is in case of an emergency.

Injecting insulin 4-5 times a day after meals, Sophie is particularly watchful of her blood glucose levels after exercising, carrying her diabetes kit with her at all times. "I've learnt the hard way that I need to listen to my body and not try and rush back into things, as I can keep having hypos!" she explains. "I simply need to stop for 5-10 minutes, have some jellybeans, maybe a sandwich, then I'm good to go."

As Sophie prepares for her next game, she takes pride in continuing to challenge the stereotype of the inability to play sport with diabetes. ■

Diabetes is her *SUPERPOWER*

Today, Sophie is one of the world's most powerful players, becoming the first person (female or male) to reach 1500 Big Bash runs, achieving this in 2019 playing for Australia's Adelaide Strikers. "It's something I'm always challenging myself to be better at," she mentions. "[And] if I can show that having type 1 has never stopped me from playing sport on the world stage, then I think that is one of the greatest things that I can do as an athlete."

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** SUPPLIED BY SOPHIE DEVINE, NEW ZEALAND CRICKET WHITE FERNS (PHOTOSPORT), GETTY IMAGES

‘I was willing to be *patient*’

TYPE 1

Chris Williams, 38, never let diabetes get in the way of his cycling career

A scary start

“I was in the middle of a bike ride in Australia. I was 27. I thought I was in pretty good shape going into it. I had lost a lot of weight before it, but I collapsed at the end of the race. I was in the hospital overnight and was diagnosed with type 1. I was pretty devastated. I saw a diabetes educator for two days, and my doctor suggested I take a three-month break from the bike. Riding was something I basically focused my life on. I thought it was all over.”

Patience is key

“After my diagnosis, I was moping around a bit. I was ready to sell my bike. I didn’t know anyone else with diabetes. For me it was a big learning curve. From what the doctor told me, I knew I wasn’t going to go back to normal right away. I was willing to be patient. I got back on my bike a few days after my diagnosis and took a really short ride to a coffee shop and back. I had a bag full of jellybeans and insulin. After that, I took a glucometer with me for the first few rides. It was hard getting used to that feeling of low and high blood [glucose]. It was a lot of trial and error. When I first started racing, I had no idea what a continuous glucose monitor was. Now that I have a CGM, it makes it a lot easier.”

Part of the team

“When Team Novo Nordisk offered me a spot [which he held until his 2018 retirement from professional racing], I eagerly signed on. The team is good because you’ve got 18 guys all going through the same thing [everyone has diabetes]. Before this, I rode on a team where no-one else had diabetes; you feel like you’re sort of alone.”

Just keep pedalling

“My biggest accomplishment? Finishing the world’s longest one-day race [the Milan-San Remo, which spans about 300km around Northern Italy]. To line up and finish that was pretty memorable. I was pretty tired! It’s one of the races not a lot of people get to do. It was a really good feeling to perform.”

What next?

Chris, who stills tackles the odd race, is studying nursing. He aims to be a diabetes educator. ■

AS TOLD TO BAILEY MCGRATH **PHOTOGRAPHY** KIM DAEBONG

I've climbed MANY MOUNTAINS

TYPE 2

A dozen cupcakes to a half marathon: walking changed Tom's life

Working at the supermarket one day in 2013, Tom Bishop kept stumbling. He left early, taking a dozen cupcakes with him for consolation. By the time Bishop reached home, he felt so awful that he crawled up the stairs.

"I ate the cupcakes – all 12 – and went to bed," he says.

When he got up, he scheduled his first check-up in 25 years.

At nearly 136kg and with a HbA1c of 103mmol/L, Bishop was diagnosed with type 2 diabetes.

Tom Bishop skydiving.

THE CHANGE

After his doctor put him on metformin, Bishop radically revamped his eating plan, ditching whole pizzas and fuelling his body with lean protein and fresh produce.

But the real transformation came when his doctor advised him to take a 10-minute walk after meals to help control his BGLs. Slowly, 10 minutes became 20, and in 2014 Bishop walked his first 5K as part of the Illinois Marathon.

The following year, he completed the event's 10K.

The next two, he walked the half marathon – 21km.

THE REWARD

As Bishop focused on lifestyle changes, his weight dropped to 99kg and his HbA1c stabilised at 41mmol/L.

Taking control of his diabetes helped prepare him for further upheaval: diabetic retinopathy, which emerged one year after diagnosis. He's working to save his eyesight with just as much dedication, undergoing four rounds of laser surgery, a steroid implant and injections into his eye every four weeks. Bishop's vision has improved dramatically.

"I take the same approach to the marathon I do with the eye chart," he says. "With the race, it's one step at a time; and with the chart, it's one letter at a time."

WHAT WORKED

1. Build in physical activity. Bishop disconnected his TV and internet. He only watches TV on the treadmill at the fitness centre and walks 3km to the library to look things up.

2. Find inspiration. 'Climb Ev'ry Mountain', the classic tune from *The Sound of Music*, keeps Bishop going. "In my life," he says, "I've climbed many mountains."

3. Seek challenges. A 10-minute walk led to two half marathons – and now skydiving. Bishop has already completed three jumps and is planning his fourth. "Keep reaching," he says. "You can do more than you think you can." ■

WORDS DEBBIE KOENIG **PHOTOGRAPHY** SUPPLIED BY TOM BISHOP, GETTY IMAGES

GOING *top* SPEED

Having struggled with depression, anxiety and eating disorders, and learnt to manage type 1 diabetes, long-distance runner Meriem Daoui is being hailed as one of the country's most promising young athletes

Tell us about your diagnosis

I was diagnosed with type 1 when I was eight. I remember feeling really fatigued and thirsty and losing weight. The day I got diagnosed I had a swimming lesson at school and I felt really out of it. Mum took me to my GP and tests indicated I had glucose and ketones in my blood.

I was in hospital for about a week receiving treatment to stabilise my BGLs. I had a beautiful diabetes educator. I remember crying when she showed me the insulin injections, but they brought in a teddy bear called Ted who also had type 1, which made eight-year-old Meriem feel a lot better.

Did anyone else in your family have diabetes?

My younger sister was diagnosed last year. Both having diabetes has strengthened our relationship as we can relate to each other a lot more and help each other with diabetes management.

What was the toughest time for you?

I was diagnosed with anorexia when I was 12, which led to me developing depression and anxiety later on. It's a horrible illness, but recovery is possible. I was a hospital inpatient for two months. My eating disorder negatively affected my diabetes management. Statistics indicate that people with type 1 are more vulnerable to developing eating disorders. In fact, there is an eating disorder called diabulimia, which only affects people with type 1.

There were many factors that led to my eating disorder, including being bullied at school and the huge focus on counting carbs to keep my BGLs under control.

Meriem winning the Cadbury Half Marathon and City to Casino fun run

AS TOLD TO HEATHER WISEMAN **PHOTOGRAPHY** SUPPLIED BY MERIEM DAOUI, GETTY IMAGES

Are you well now?

I managed to overcome most of the disordered eating by age 16, but I believe there is always a risk of falling back into an eating disorder. I have learnt healthier ways of addressing my negative thoughts and not falling back into disordered habits. I changed my mindset and saw food as fuel to nourish my body and improve my running.

Have you always loved running?

As a kid I always loved the feeling of running and being free, but I never thought I'd be a good runner. I surprised myself in high school when I did a 7km fun run without stopping. After the race I asked myself, 'If this is possible, what else is possible?'

Tell us about your significant wins

In 2018, I won Hobart's City to Casino fun run, and the Point to Pinnacle race, which is the world's hardest half marathon. I won the 2018 Cadbury Half Marathon and the Full Marathon in 2019.

One day I hope to compete internationally and inspire others to participate in sport, including people with type 1 and Muslim women who wear the hijab.

> **People with type 1 are more vulnerable to developing eating disorders**

What do you eat when you're training?

I find my energy is more stable if I eat a lot of bread, pasta and rice, so if I'm doing four hours of running and gym work, I have breakfast twice. I have two pieces of seven-seed bread, and coffee with milk and honey. I'll do a run and then eat the same thing again.

Then I might have fruit salad before doing strength work at the gym, and lunch of sweet potato and mixed vegies, or a sandwich with cheese and salad, and a juice. I'll have fruit or a smoothie for afternoon tea.

Dinner is whatever my mum has cooked, which is traditional Moroccan food, so couscous, tagines or maybe lentils with sweet potato and vegetables. Right before bed I'll have another two pieces of toast with a warm drink, like Milo.

I usually give myself insulin three times a day, with each meal, but every day is different and sometimes my BGLs are higher or lower, so I adjust it to meet my needs. Running has helped me a lot with my diabetes management and I find my BGLs are more stable when I run.

What's next for you?

I am currently a new graduate registered nurse working in oncology inpatients and outpatients. I would like to become a diabetes educator as I want to use my experiences to help others with diabetes.

I think it helps when you can relate to the ups and downs of diabetes and creating a safe environment where the patient doesn't feel like they are being judged. I know how important it is for people to feel comfortable enough to ring up their diabetes educator if they're struggling and ask for extra help and guidance. ■

A SECOND CHANCE *I did it!*

After a health scare, a supportive team helped Lisa Schieri, type 2, step outside her comfort zone and find the confidence to make lasting changes

Lisa Schieri first went on a diet when she was 10 years old. "I had always been heavy as a kid," she remembers. After her mother passed away from kidney failure, a complication of diabetes, her worried family decided that she needed to lose weight and enlisted the help of a local diet centre.

At first, Lisa was only allotted two apples and two oranges a day. Then, only rations of lettuce and other leafy vegetables. "It was a scary program," she recalls.

This stark introduction to diet culture, combined with the loss of her mother and, five years later, her father, led to a lifelong struggle with depression and emotional eating. Her experience at the diet centre was short-lived, but she spent her early years chasing every fad diet that came along. Each ultimately failed. "I always had success at first," she says, "but then I didn't have the willpower to keep going."

LEFT: Lisa Schieri and her physical therapist, Mike Plante

Making the changes that worked

MAKE CHOICES LIVABLE
"I used to have to be either really strict, or I would consider myself bad and blow the whole day. But to say you're never going to have foods like pizza again isn't practical. You have to find a happy medium."

FIND SELF-LOVE
"You have to start being kind to yourself and get off the mindset that you're sinning if you eat certain foods. Instead of letting slip-ups defeat me, I've learned to move on and find ways to cope."

MAKE GOOD CHOICES EASIER
"I don't keep trigger foods like cake and cookies in the house. I satisfy cravings or treat lows with a few pretzels, fruit or even single-serving snacks at night instead."

BUILD A TEAM
"My sister and brother, my physical therapist, my occupational therapist supported me and believed in me. You have to reach out for help because it's out there. Keep fighting until you find it."

The diagnosis

At the age of 28, Lisa was diagnosed with type 2 diabetes. She met with dietitians and diabetes educators, but it was hard to make the lifestyle changes she needed to implement. "Dieting for as long as I had, I thought I knew what to do," she recalls. But food was her comfort: "I didn't have the easiest life and so every time something went wrong, food was there."

Over 13 years, Lisa needed increasingly more medication to manage her BGLs. She went from pills to 10 units of insulin a day, to 100 units of insulin twice daily.

After she was laid off from her job, her spirits dimmed and her eating habits got worse. As her self-esteem fell, so did her desire to be around people. "Someone always insulted me about my weight," recalls Lisa. Her anxiety, incapacitating at times, led her to stay in her home for nearly 10 years.

Weight lost **110kg**

Current HbA1c **38mmol/L**

One step at a time

In January 2017, she suffered major respiratory failure and had to go to hospital. But her weight, which she learnt was 276kg, prevented her from leaving the house. "My worst nightmare came true: the fire department had to come and get me out," she says. She spent two weeks in hospital and a month in a rehab facility. For the first time, she initiated lasting change: "I could have given up, but I wasn't going to let this be my end." She asked the hospital to stop giving her treats with meals and picked healthier items off the menu. She started working with a dietitian who helped her make small, sustainable changes, such as smaller portions and filling part of her plate with vegies.

When Lisa returned home, she needed oxygen 24/7 and couldn't make it 1.5 metres from the couch to the front door without losing her breath. But she persisted. With the support of her physical therapist, she took it one step at a time. They practised walking back and forth in her hallway. Five months later, they ventured out the door, down the front steps and back.

A brighter future

A year and a half later, Lisa walks around her 400m block twice a day and no longer needs oxygen or insulin. Her HbA1c, which was over 86mmol/L, is down to 38. "The progress was slow, but I was willing to have patience – and it's paying off," she says. ■

WORDS MICAELA YOUNG **PHOTOGRAPHY** OLIVER PARINI

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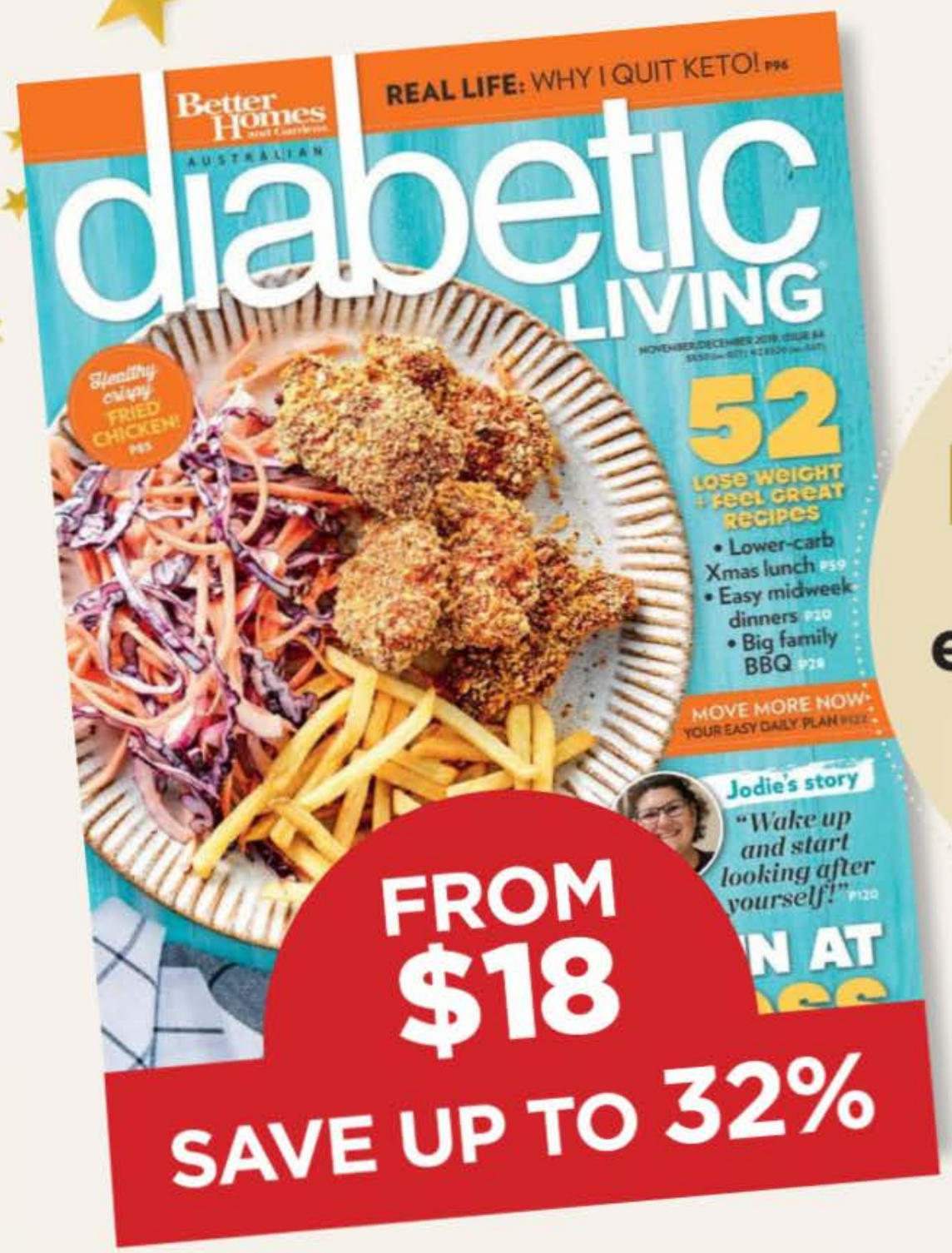
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Got a minute?

That's all it takes to improve your health and your fitness – no lengthy gym session required! Learn why every minute counts when it comes to exercise and how to make it work

Struggling to find a half-hour window each day in which to exercise? You're not the only one. According to the Australian Bureau of Statistics, two out of three of us are either inactive or aren't doing enough physical activity, and most people say that lack of time is the main culprit.

Enter micro-workouts. The idea is simple: rather than having to spend 30-40 minutes at a time working out, you can be active for (much!) shorter bursts of time and still reap the benefits.

A 2016 study proved it, finding people who did sessions consisting of three 20-second bursts of very intense exercise, three times a week, experienced the same fitness improvements after 12 weeks as people doing regular 45-minute moderate-intensity training sessions.

Likewise, a study published

in 2018 debunked the idea physical activity doesn't improve health unless it's performed for at least 10 minutes at a time.

While people who did less than 20 minutes of moderate-intensity activity a day had the highest risk of dying during the 10-year study, and those who did 60 minutes of moderate-intensity activity a day more than halved their risk of death, the research confirmed that minute-long bursts of activity count, because it's the total time spent exercising each day that matters most.

And you don't have to use your active minutes on traditional types of exercise, either. Everyday activities are an opportunity for short, sharp bursts of what experts from the University of Sydney have dubbed 'High Intensity Incidental Physical Activity', or HIIPA for short.

"Regular incidental activity that gets you huffing and puffing, even for a few seconds, has great promise for health," says Emmanuel Stamatakis, Professor of Physical Activity, Lifestyle and Population Health at the University of Sydney's Charles Perkins Centre and School of Public Health. And, according to Professor Stamatakis, for many middle-aged and older Australians, activities such as running and

playing with children, carrying groceries and washing the car expend well over six times as much energy per minute as when they are at rest, which is the standard measure for high-intensity exercise.

"There is a lot of research telling us that any type of high-intensity interval training, irrespective of duration and number of repetitions, is one of the most effective ways to rapidly improve fitness and cardiovascular health, and HIIPA works on the same idea," says Professor Stamatakis.

The beauty of HIIPA is it utilises everyday activities, something the professor says makes it more realistic and achievable as an exercise program for most people. And, of course, there's the time factor. "The time commitment for HIIPA is close to zero minutes per day," he says.

WORDS KAREN FITTALL **PHOTOGRAPHY** GETTY IMAGES

Make every minute count

Here are three ways to put into action what research has revealed about the power of minute-long micro-workouts*

1 GO HARD FOR ONE MINUTE. Participants in that 2016 study that proved how powerful a single minute of very intense exercise can be, jumped on a static exercise bike and followed this 10-minute routine, three times a week:

- **Two-minute slow warm-up cycle**
- **20-second all-out sprint**
- **Two-minute easy recovery cycle**
- **20-second all-out sprint**
- **Two-minute easy recovery cycle**
- **20-second all-out sprint**
- **Three-minute slow cool-down cycle.**

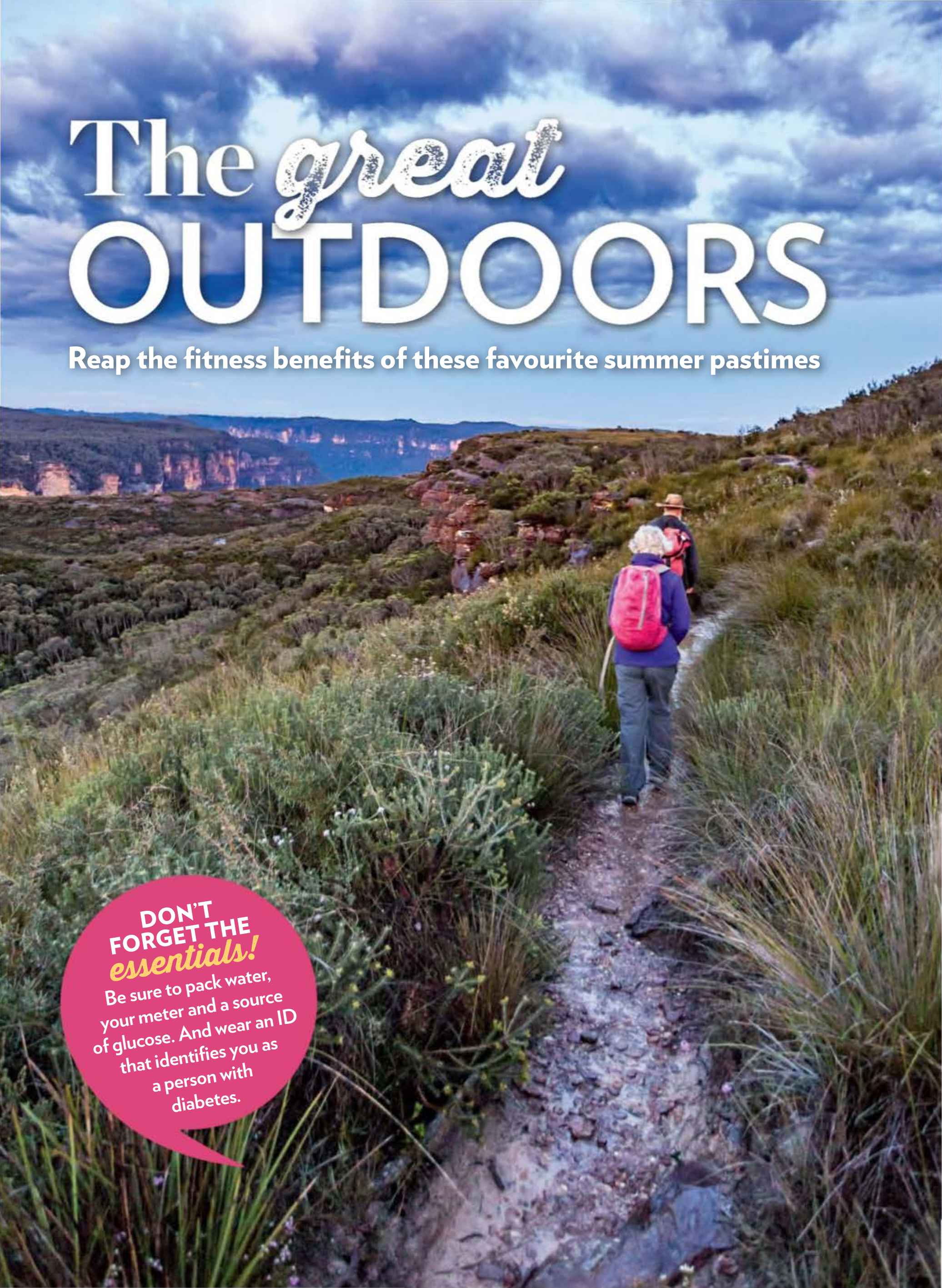
2 MOVE FOR ONE MINUTE A COUPLE OF TIMES EVERY HOUR. As well as helping you to accumulate enough moderate-intensity activity to deliver a health benefit, it will also help to mitigate the unhealthy effects of too much sitting. Research suggests staying seated for no more than half an hour at a time is a good goal to strive for. So, whenever you sit down, set a 30-minute timer and, when it sounds, jump up for at least a minute's worth of moderate-intensity exercise – it could be walking on the spot, doing some squats or having a dance around the couch. With the average Australian sitting for more than 10 hours a day, it's a strategy that will deliver at least 20 minutes of activity all on its own.

3 DO ONE MINUTE OF HIGH-INTENSITY INCIDENTAL PHYSICAL ACTIVITY AT LEAST FIVE TIMES A DAY. "It's about making good decisions, like parking the car at the edge of the car park and carrying shopping for 50 or 100 metres," says Professor Stamatakis. Other ideas include taking the stairs rather than the lift or escalator, and walking briskly rather than driving to public transport. To benefit, try to incorporate three, four or five brief HIIPA sessions, totalling as little as five to 10 minutes a day, most days of the week. ■

*Always consult your doctor for advice on the best types of physical activity for you before beginning a physical activity program.

The *great* OUTDOORS

Reap the fitness benefits of these favourite summer pastimes



DON'T FORGET THE *essentials!*

Be sure to pack water, your meter and a source of glucose. And wear an ID that identifies you as a person with diabetes.

You dread going to the gym and feel like you have to force yourself to be physically active. Find a heart-pumping outdoor hobby you enjoy, so keeping active becomes something to look forward to.

1 REDISCOVER THE BUSH

When was the last time you set off for a daytime bushwalk? Nature walks offer a chance to calm your mind, heighten your senses and observe local wildlife, all while working in some gentle exercise. Spending time on the trails has also been shown to improve mental wellbeing and reduce negative thought patterns linked with depression.

Even a leisurely pace counts as exercise: an 80kg adult will burn an average of 670kJ an hour walking at a casual pace (3.2kmh) and 1255kJ an hour walking at a brisk pace (5.6kmh).

Find guided walks near you through your local library or your state's parks and recreation website. Or grab a friend, borrow or buy a basic field guide (we like the *The Field Guide to the Birds of Australia*) and head for a nearby park.

2 ROW YOUR BOAT

Kayaking is a great activity that combines cardio and resistance training while letting you enjoy the calm of the water. You will work your shoulders and lats muscles to paddle, and use your core stabilising muscles to stay balanced. (Don't worry kayaks built with stability in mind have little risk of tipping over! And it's best to wear a life jacket.)

Don't let the low-impact nature of this water activity fool you: on average, an 80kg person will burn nearly 840kJ over 30 minutes. The easiest way to start kayaking is to rent a kayak from a launch point or jetty (many places will even help you get in the water).

3 PEDAL POWER

Channel your inner child and hop on your bike again. This low-impact activity is kind to your joints and good for your heart. Plus, pedalling works several large muscle groups at once, which can help boost your body's sensitivity to insulin. Thirty minutes on the trails or around your neighbourhood will expend an average of 660kJ for an 80kg person.

If you are new to biking, or not quite comfortable on two wheels, try out a stationary bike at a gym first to practice your balance. ■

WORDS BAILEY MCGRATH, MICAELA YOUNG **PHOTOGRAPHY** GETTY IMAGES

10,000 steps

LAKE BURLEY GRIFFIN'S CENTRAL LOOP

AUSTRALIAN CAPITAL TERRITORY

You can't visit the national capital without exploring both Parliament Houses and the beauty of the surrounding area

Autumn trees and the International Flags display.

Take walk through Canberra and discover our capital. There are plenty of opportunities along the way to explore parliamentary surroundings, gardens and more. Use our trail as a guide, and discover just how easy it is to accumulate 10,000 steps when you're absorbed in the beauty of this city.

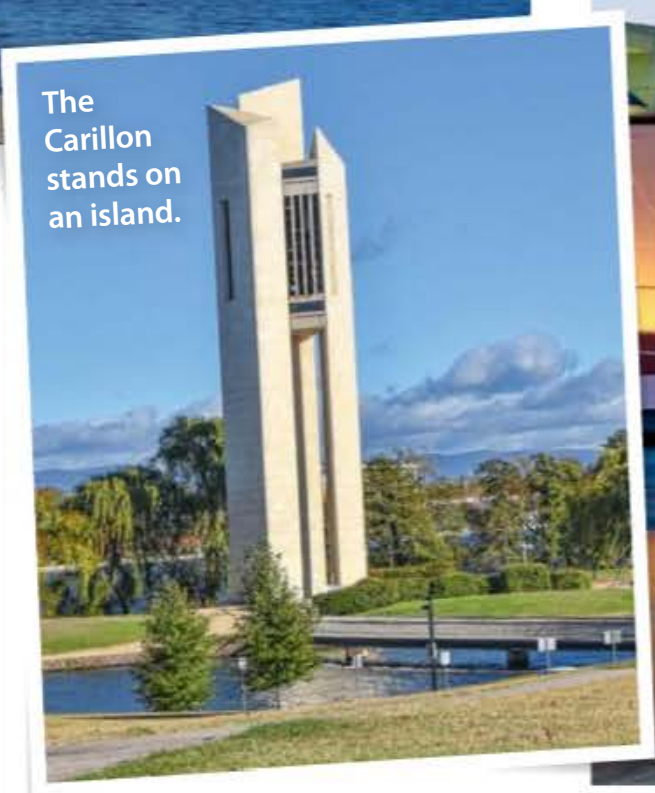
Start your walk at our country's largest reference library, the National Library of Australia. The origins of this library date back to the years following Federation in 1901. Originally in Melbourne, the library moved to Canberra in 1927, when Parliament relocated. However, in 1968, the library's collection and services grew, and a new building was opened on the shores of Lake Burley Griffin (where it remains today).

Whether you enter the library or not, head towards the lake, where you will approach the Australians of the Year Walk. This walk displays numerous plaques that stand as a permanent record of all award recipients. Following this path away from the bridge (if looking at the water, bridge will be to your left), you will reach the display of 110 International Flags (including the European Union and United Nations). In the middle of the display stands the Australian flag and a walkway lined with Australian sandstone, taking you to Commonwealth Place and Reconciliation Place.

Explore this symbolic area within the Parliamentary Zone, on traditional land of the Ngunnawal people, which recognises the importance of the shared history between Indigenous and non-Indigenous Australians. On either side of the lawn lie 17 artworks that explore themes of Indigenous achievement and connection to the land and water. To find out more about the artwork on the Reconciliation Place Self-Guided Walking Tour trail, visit nca.gov.au. Continuing towards Parliament, you will pass Questacon, with more than 200 interactive science exhibits. Visit now, or return for a full day of educational fun for all ages.

Crossing King Edward Terrace you will come face to face with a memorial commemorating the reign of King George V from May 1910 to January 1936, which was commissioned by the government after his death. ➤

The southern foreshore of Lake Burley Griffin.



The Carillon stands on an island.

From here, continue towards Old Parliament House. Today, this national icon is home to the Museum of Australian Democracy, offering daily tours revealing the stories of the people who helped shape our society.

Surrounding Old Parliament House lie many gardens to explore: The National Rose Gardens, The Robert Broinowski Garden (created by Broinowski, one of the parliamentary officers in the 1930s), Senate Gardens and The Rex Hazlewood Rose Garden (the first rose garden on parliamentary grounds created by the landscape designer in 1931). Nearby is Magna Carta Place, which holds a sealed time capsule installed in 2001 containing newspaper articles, special coins minted for the Centenary of Federation and messages from the Prime Minister and State and Territory leaders to be opened during the Bicentenary of Federation in 2101.

Walking down Federation Mall, you will arrive at the Canberra Parliament House Post Office, Parliament House, Parliamentary Library and the House of Representatives Formal Gardens. It is here you can take a guided tour of Parliament, discover historic documents, view an impressive collection of Australian art or simply enjoy a coffee or refreshing drink at the popular Queen's Terrace Cafe. Check aph.gov.au to see if the House of Representatives or the Senate will be sitting!

Make your way back down Federation Mall, past Old Parliament House, the Bowling Greens (to the right) and the Australian Heritage Council. You will reach the National Gallery of Australia – featuring world-class exhibitions and the world's largest Aboriginal and Torres Strait Islander art collections. If you don't have time to visit today, head around to the Sculpture Garden to admire large sculptures along the waterfront to continue the walk.

Old Parliament House Rose Gardens.

If you have spent your day exploring every garden and building we've walked past so far, you may be close to your 10,000-step goal. If you have completed your 10K step count, looking at the water, turn left and follow the water around back to the starting point.

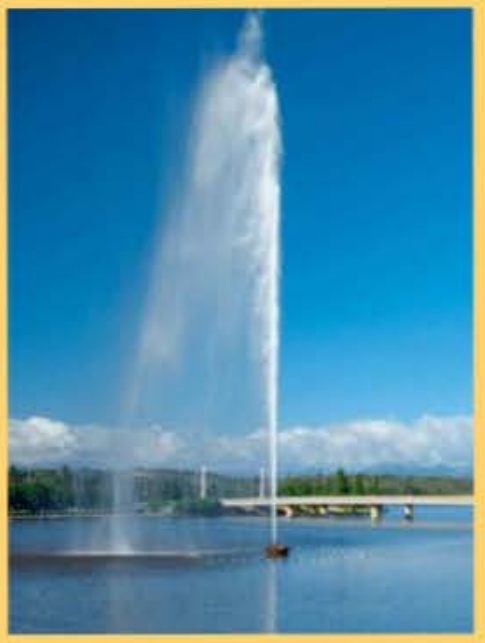
Returning another day to explore the buildings, and ready to get going on the remainder of our walk? Stand with the lake to your left, then turn left onto Kings Avenue Bridge to cross the

Parliament House illuminated at twilight.

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES

lake, and turn left again into the National Police Memorial Australia. Paying tribute to officers who have been killed while on duty, or died as a result of their duties, this memorial has more than 700 touchstones that are individually lit from dusk. Opposite the memorial is the man-made Aspen Island, home to a 50m tall landmark. The National Carillon holds 55 bronze bells – each weighing between 7kg and 6 tonnes – and is the perfect place for a picnic.

Back to the mainland, follow the path along the lake, where you will walk up to one of the few stone buildings that remain from the 1860s. Blundells Cottage consists of six rooms, displaying how families lived in this home. If visiting on a Saturday, the home may be open for you to explore; however, if you're here during summer the cottage may be closed due to heat considerations.



LAKE BURLEY GRIFFIN

The beauty of this artificial lake attracts both locals and visitors to explore this large area. This walk traverses the Central Basin (Central Loop) of Lake Burley Griffin, lying between the two bridges, Commonwealth Avenue Bridge and Kings Avenue Bridge. The loop on its own is 4.9km. Add in exploration of Parliament and gardens, and your 10,000 steps will be completed!

Follow the lake's edge to Commonwealth Park. Spread across 34.5 hectares, you'll find hidden walks, ponds and sculptures the whole family will enjoy. As your walk comes to an end, this is the ideal place to relax and take in the adventure.

When you're ready to head home, you can follow Commonwealth Park around the lake, turning left onto the main road, crossing Commonwealth Avenue Bridge and back to the National Library. Or, turn right onto the main road, into Canberra Central.

Whether you travelled the full circle around the Central Basin of Lake Burley Griffin, or you kept to one side exploring the gardens and parliamentary grounds, there are plenty of variations of this walk to take. Enjoy! ■

Feel better in 5

Big changes start with simple steps. Try these ideas to help improve your wellbeing

1 BOTTOMS UP!

No, we're not talking alcohol. We've said it before, and it may seem like the most simple tip, but it's vital for your body that you drink enough water. In summer, dehydration increases due to higher body heat and sweat. So start your day by drinking an entire glass of water without stopping! Then continue drinking through the day. But why? Water is important for various parts of your body to run at their best performance. For example:

- **Kidneys require water** for the removal of waste in blood.
- **Joints and vertebrae** require lubrication to move.
- **When you are hydrated,** blood circulates efficiently.
- **The brain is 73 per cent water.** This means that when it's lacking water, the shape of the brain changes, which further alters its function – ultimately affecting your mental performance.

2 EASY MORNINGS

Do you find your mornings to be stressful or a struggle? Other than going to bed and waking up at the same time every day (including weekends), and aiming for 7-8 hours of sleep each night, try adding some (or all) of these tricks to your morning routine for a more mindful start to your day:

- **Replace that stressful alarm** which jolts you awake with a progressive sound (something that starts quiet and slowly gets

> **It takes up to 60 days for a routine to become a habit, so stick to it**

louder), a gentle vibration on your Fitbit or an alarm that uses light instead of sound. These will all wake you more gently.

- **First instinct when you wake up** is to yawn and stretch your arms (surely it's not just us?). Turn this into a morning stretch for at least 30 seconds, but if you have time – or wake up a little earlier – add gentle morning yoga to your routine. This will increase blood flow and build strength, and you could also fit your 30 minutes of exercise in.
- **Drink an entire glass** of warm water to help the liver remove toxins that stocked up in your digestive tract overnight. Don't like plain water? Add in a slice of lemon.
- **Resist the urge to check emails** or social media for at least the first hour of your day. You will become more aware of the present moment, rather than living behind a screen.
- **Eat a good breakfast.** Turn to page 60 for a few delicious recipe ideas.

3 WHAT ARE YOU GRATEFUL FOR?

Gratitude isn't just for special days. Rather, it should be part of your everyday life. Simply jotting down three things you are grateful for each day will help you focus on the positives in your life. At the end of the day, before you go to bed, think of three things that happened in your day – perhaps a person or place, a song or an activity – and reflect on why you are grateful for them.

Whether you jot them down in a journal or share them on social media to keep yourself accountable (who knows, you might spark other members of your Facebook community to join in on the positive thoughts), you will quickly find expressing gratitude cuts stress and boosts your mood and happiness. ➤

4 YOU CAN'T FAIL A WORD

Have you previously struggled to stick to that new year's resolution? Why not make the resolution a little simpler! One Little Word – a project started by Ali Edwards in 2006 – has made it easier for many people to stick to a resolution.

The project requires you to focus your mind on one word for an entire year that can be applied across numerous aspects of your life. Perhaps you want to work smarter, live smarter and simply be smarter. In this case your word of choice might be 'brighter'.

To get yourself started, first find a word to focus on. Examples may include 'habit', 'peace', 'light', 'nurture', 'open', 'give', 'connect', 'save' or 'change'. The choice is yours. Use this word to live with, and to explore and learn what it means to you across the year. Find a journal and decorate it with the word, then use the pages to document how you have embraced it each day, week or month of the year.

Lastly, make sure the word is visible to you at all times – give those calligraphy or craft skills a go, then stick the word on your fridge or bathroom mirror.

5 GET IN TOUCH WITH YOUR NUNCHI

Move over hygge – nunchi is the latest wellness concept. Pronounced noon-chee, it has been described as the 'latest trend', but is actually an ancient Korean art that has recently come to light. Nunchi has been a guiding principal of South Korean life for centuries. And the concept, as explained by author Euny Hong in *The Power of Nunchi: the Korean Secret to Happiness and Success,* is "the subtle art of gauging other people's thoughts and feelings in order to build trust, harmony and connection".

Improving your nunchi will help you to pick up on unconscious signals, will teach you when to speak and when to stay quiet, and will also help you to slow down from the fast-paced, technology-driven world we live in.

To get started, put down your phone and start paying attention to the people who are surrounding you. Take note of their gestures and body language, and react to them. This will help you listen to your gut feeling as to when and how you should respond. ■

WORDS ELLIE GRIFFITHS **PHOTOGRAPHY** GETTY IMAGES

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KEY Freezable · Gluten free · Gluten-free option · Vegetarian · Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. Note: Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

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Editor's note

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Alix Davis, **Editor**

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IN THE driver's SEAT

With the technology used to support management of type 1 diabetes becoming so advanced, I've noticed fewer questions popping up that, in the past, I would have asked my endocrinologist, says Rob Palmer

I first thought about this as I was heading to an appointment in order to pay a couple of hundred dollars for my endo to sign a form enabling me to satisfy the rules and maintain my driver's licence. Yep, I was annoyed. There was definitely a feeling of, "Do I really need to have an endocrinologist?"

I have a pump that now reacts to changes in my glucose levels and warns me before I reach the upper and lower limits of sensor glucose. I am confident in my grasp of the carbohydrate value of foods and I'm spending far less time making decisions on management because the technology is doing the bulk of the work for me.

It's like when you are told at school that you can use a calculator – do I really need to know how to do the working out for this maths problem then? Maybe not, but having background knowledge surrounding your correct answer helps you realise just how good the calculator is. It will also probably help you down the track when you need to apply the rules and principles to a situation where the calculator needs you to drive the solution. What about the inevitable time when the calculator isn't there? Do I add... or multiply first?

I've learnt a lot about diabetes since being diagnosed in 1983, and each person's path of learning is different, but I reckon even when you feel like you are getting it mostly right, and your systems are bulletproof, it's worth talking through it at an endo check-up.

I remember being 13 years old and uber-confident that I had a permanent handle on guessing my BGL. I learnt the slow and hard way that BGLs are not something you can just feel correctly. There are so many variables that can deceive you.

> **It's crucial that we stay educated and up-to-date**

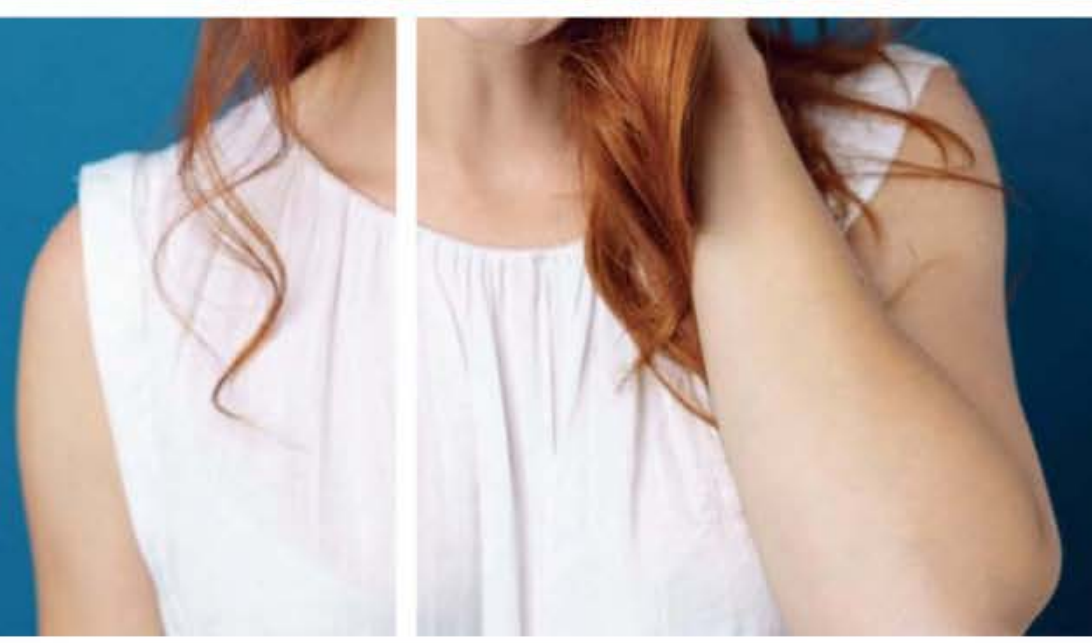
I'm all grown up now, but I have probably been guilty of letting the seemingly smooth sailing of the insulin pump and CGM put me in a similar position to when I was 13. That's not to say I'm punting on my health, but it does feel like dietary awareness and occasional communication with my diabetes educator is all I need, coupled with my use of amazing current technology. Am I missing something?

Life is certainly busy, and priorities change as you grow, but type 1 diabetes is not going to stop challenging us, and I think it's crucial that we stay educated and up-to-date with management. I'm more than thrilled at the freedom I'm feeling using an insulin pump and counting carb intake, but I'm fully intending on making that next endocrinologist appointment sooner rather than later. ■

PHOTOGRAPHY DAVID THOMSON (ROB'S PHOTO), GETTY IMAGES

Traveling with medication?

There's a product for that...



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